The secretes of the reuerend Maister Alexis of Piemont. Containing excellent remedies against diuers diseases, woundes, and other accidentes, with the maner to make distillations, parfumes, confitures, dyinges, colours, fusions, and meltinges. A worke well approued, verye profitable and necessarie for euerye man. Newely corrected and amended, and also somewhat enlarged in certaine places, whiche wanted in the fyrst edition. Translated oute of Frenche into Englyshe, by William Warde.

Prynted at London by Ronland Hall, for Nycolas England, dwellynge in Pater noster rowe.

1562.

BODLEIAN
22 6 [illegible] 9
LIBRARY

To the right honorable lord

the Lord Ruſſell, Earle of Bedforde: Wyllyam Warde wiſheth health, longe lyfe, with muche encreaſe of vertue and honoure.

IT is not vnknowen vnto you (righte honorable) that when God by his diuine power and might, created and made al thinges of nothing, hauing nether frame nor moulde, nor material ſubſtaunce to faſhion his worke by, but only his word, will & eternall prouidence, did not onely giue a being & encreaſe vnto euery thing, but alſo a nature and operation, for the commoditie and profite of man, to whom he hath made all thinges ſubiect, conſtituting him ruler of his whole worke: wherein not only growing on the face of the earth, but alſo in the bowels of the ſame, he hath planted things ſalutiferous & healthfull for man, as herbes, trees, fruites, ſtones, rootes, waters, Iron tinne, leade: yea, and the dewe of the ayre, ſo that nothing is vnprofitable, no not the very dunge of beaſts, and byrdes, but that it hath ſome wholeſome operation for mans health. In al theſe thing are certain ſecret vertues, which be manifeſt ſignes of gods loue and fauoure towardes man: for he created them to the intent that men ſhoulde vſe them, glorifie him, and giue hym thankes for them. And becauſe the vſe and knowledge of them, and their vertues is expedient for al creatures God of his mere goodnes, hath not onely geuen vnto the diligent ſearchers therof, the gifte of perfit vſage and vnderſtandyng of their operation in thys tyme of Chriſtianitie: but alſo vnto Infidels before Chriſt, being ignorant from whence that gift came: who, notwithſtandinge their ignorance, did ſo reuerence the wonderfull vertues of thinges created in the worlde, that they thoughte yche of thoſe things had had in it ſelfe a certayne diuine power, or els that there was of euery thynge a ſeuerall God or Creatour. Now if they gaue ſuche honour vnto thynges created not knowing

the Creatoure, what woulde they haue done, yf they had knowen and confessed God to haue bene the onely maker of the worlde, of man, and of al thinges therein, of nothing? Truly they woulde not haue done as some curious Christians amonge vs nowe a dayes do, which (as your honoure well vnderstandeth) moste impudently despise all maner of medicines, and ignorauntly dispute agaynst the vertues and operation of herbes and trees, sayinge: that if the sicke man be appoynted of God to dye, all the medicines in the worlde can not saue his lyfe. Wherevnto it maye easely be answered, that euery man that is vexed w̄ a disease, is not apointed of God to die of the same: but the infirmitie is sent him as a punishment for his offences, and yet hath god created thynges to geue him ease & remedy for his disease, whiche no Christian man ought to contempne or dispise: for he that dispiseth the worke, semeth to contempne the workeman. Agayne, because that the appoyntment and determination of God, concernynge the lyfe and deathe of man, is so secrete, and so farre beyonde the capacitie of mannes reason, and vnderstandinge, and that we knowe not whan God hath prefixed the terme of oure lyfe, we vse in oure infirmities and weakenesse, those remedies that God hath created to be receyued at their handes, to whome he hath geuen the knowledge howe to minister them vnto vs.
All these thynges are abundauntlye ynough knowen vnto your honoure, with a great manye more reasons then I am able to alledge, and therefore I do but bring Owles to Athens, in declarynge this vnto you. But thus muche I maye well saye, that moste madde are they, and voyde of reason and Christianitie, that wyll set so lyghte by the workes of God: yea, they are vnprofitable membres of a common wealth, not worthy to beare the name of Christians, for by their fonde and false perswasions to the ignoraunt and simple ones in their diseases, agaynst the receyuyng of any medicines manye tymes it chaunceth, that they folowinge their folyshe

foolishe aduise in neglectinge Physicke, they be cast awaye and perishe, whiche otherwise might haue been saued. Me thinketh this shoulde bee sufficient to perswade them to embrace good and wholesome remedies: They see dayly that herbes, oyntmentes, plaisters made of thinges growing on the earth, and suche lyke by theyr vertues, doe cure and heale externall and outwarde woundes, soores, cuttes, swellynges, and other infirmities of the bodye, and yet they wyll not beleue that suche vertues can heale the internall and inwarde diseases. Utterly ignoraunte be they, that so imagine with them selues, for they that despise Physicke, dispise a beauenlye science. But what be they that thus contempne it? Forsoth ignoraunt and vnlearned men, that barke at, and backebyte them that take paynes for the commoditie of all men. But it is commonlye seene and proued. Scientia non habet inimicum præter ignorantem. Whiche sayinge (I feare me) is verified more in some of vs Englishe men, than in any other nation, I woulde God it were not. And yet I thynke there is no man so bestiall, so rude, or so blunte of witte, but that he is (by a certayne instinct of naturall inclination) desyrous to knowe thinges not before knowen, to heare newes not before heard, and to vnderstande Bookes in his maternall tongue, written firste in forein language, to the ende not to seeme altogether ignoraunt in matters both of the liberall sciences, and also of Histories, set forthe for his rudiment and instruction, as in Cosmographie, in Astronomye, in Philosophie, in Logike, in Rhetoricke, and specially in Physicke, whereof we had neuer so muche neede as in these oure dayes, considerynge the straunge and vnknowen diseases that swarme amonge vs, and no in number then can be founde remedye for.

Therefore considerynge with my selfe (right honorable) that I coulde not better declare my bounden duetye vnto you, nor doe my countrey a greater pleasure, than to put some thynge abroade vnder your honours

name, whereby it myght receyue some commoditie: I haue taken in hande to translate this noble and excellent worke called. The Secretes of the reuerende Maister, Alexis of Piemount, firste written in the Italian tongue, and after tourned into Frenche, and of late into Dutche, and nowe last of al into English, because that as well Englishe men, as Italians, Frenchmen or Dutchmen, maye sucke knowledge and profit hereof: being a worke come out of the handes of so famous a man as Alexis is, and dedicated fyrst to such a noble prince as the Duke of Sauoye is, to whome trifles or fables are not to be presented, nor beynge a man vnder whose name and protection lyes or vayne inuentions ought to be sette forth.

Therefore wayinge the age, the learnyng and fame of the authour, and the nobilitie of the sayde Prynce, men may easely iudge, that suche intollerable paynes haue not bene taken in the collection of these secretes to blowe an vntruth into mens eares, but rather this booke hath bene published and communicated to the worlde by the sayde Alexis, for the care and good zeale that he had to the health of mennes bodies, and that men of all countreys myghte haue the knowledge of that with ease, sittinge at home in their studyes, whiche he gotte with greate trauayle and labour, wanderyng almoste all the worlde ouer, as in his epistle here to the reader he declareth.

And nowe (right honourable) like as Christopher Plantine of Antwarpe, the Printer of this worke in Frenche, chose the Prince of Piemount, to protecte and adourne the fruites of his labours, vnder the honoure of his name: euen so I the translatour hereof into oure Englishe tounge, haue thoughte it my duety (with your honours fauour) to presente this my translation vnto you, and to putte it forth vnder your honours name and protection, desiring, and humbly requiring the same, to accept my poore good wyl, hauing good hope that you shall finde suche thinges in the discourse

courſe of the whole booke, that you wil not onely take pleaſure in the knowledge of them: but alſo commoditie, if it pleaſe you to put in experience & proofe, thoſe that ſeme moſt beſt vnto you: whereof there bee ſome as excellente and as eaſie, as were euer ſette forthe in any tounge, as by your honours wiſedome and iudgement, in the reading you ſhal eaſely perceiue. I am not able ſufficiently to praiſe the excellencie of the booke, & the diligence of the authour, nor to extole the wonderfull giftes of God in men, which according to their talent, imparte to the worlde the encreaſe and fruite of ſuch giftes, as he diſtributeth vnto them.

Of the which giftes, I thinke I ſhould not much erre, if I ſayde Phiſicke to be the beſt and the moſt neceſſarie. Nam ſi corporum noſtrorum, & tranquillitatis vitæ (quæ ſine ſecunda valitudin vix eſſe poteſt) rationem habere volumus, fatebimur medicinam excellentiſsimam, mortalibus neceſſariam eſſe.

And euen ſo Cornelius Celſus, which wrote moſt excellent Bookes of Phiſicke, affirmeth ſayinge.

Alimenta ſanis corporibus agricultura promittit: ſanitatem autẽ ægris medicina: & idcirco deo optimo maximo gratias habere debemus, qui vitam nobis elargitus eſt: deinde medico, qui eam nobis conſeruat, diuturnioremque facit.

All this learninge and knowledge doe the Greeke Authours affirm to be moſt aũcient, & moſt neceſſary in a common wealth. For as it is deſyred of all men to liue in health of bodye, ſo is it requiſite that medicines, bothe preſeruatiue and curatiue, be had and vſed amonge men, which not onelye comforteth the infirme and diſeaſed body, but alſo putteth the ſoule in remembraunce of gods great power & might, that hath geuen ſuche vertue vnto thinges growynge on the earth, for mans commoditie, preſeruation, and health: whiche health I pray God longe to remaine with you, and all your familie, with much encreaſe of vertue and honoure, vnder the protection of almyghtye God.

Your humble ſeruaunt
William Warde,

The Epistle.

Don Alexis vnto the gen-

tle Reader.

THey that haue knowen me in tyme paſt, or to ſpeake plaine, haue vſed me familierly all my lyfe tyme, can peraduenture, tell howe God by his greate goodnes, hath made me to be borne of a noble houſe and bloode (accordynge to the common, I wyll not ſaye vayne, perſwaſion of them, that ſtablish nobilitie more in the merites of another man, than in our owne) and that beſides this I haue alwaies had my pleaſures, and great plentie of richeſſe, yea farre paſſing the ſmalnes of my deſerts. I will ſay yet more (not to boaſt or to auaunce my ſelf, but to the ende to reſourme the gentle reader, and to geue thankes vnto God) that there be many which knowe, howe I being geuen euen from my firſt youth vnto ſtudy, haue gotten not onely the knowledge of the Latin, Greke, Ebrue, Caldei, & Arabic tongue, and alſo of diuers other nations and countreis: But aboue al thing hauing by a natural inclination, taken a ſinguler pleaſure in Philoſophie, and in the ſecretes of nature, haue wandered and trauailed abroad in the world the ſpace of. xvbii. yeares, to the intent to acquaint my ſelf with al ſortes of learned and diſcret men. By the whiche diligence and curioſitie, I haue learned many goodly ſecretes, not alonely of men of great knowledge and profound learning, & noble men, but alſo of poore women artificers, peyſantes, and al ſortes of men. Moreouer I haue ben thre times in Levant, and ſondrie times haue trauailed almoſt al other partes of the world, without reſting or ſoiourning at any time in one place aboue. v. moneths. Now this my ſtudy and deſire of knowledge, as wel of the vniuerſal ſciences, as of particuler ſecretes, and although it was geuen vnto me by nature, as to the moſt part of men (for euery man by an inſtinct of nature deſyreth to knowe things) yet haue I alwayes

been

been noseled vp by a certaine ambition and vainglorie to knowe that, whiche another shoulde be ignorannte of: whiche thing hath grafted in me, a continuall niggardnesse or sparing, to distribute or communicat any of my secretes, yea vnto my most singuler frends that I had: saying, that if the secretes were knowen of euery man, thei should no more be called secretes, but publike and common.

Now it chaunced these fewe dayes past being in Milan: in the foure skore and two yere, and seuen monethes of mine age, that a poore artificer was meruelously tourmented with the stone, and had ben two dayes without making his vrine. The Cyrurgen that dressed him, knowing wel that I had manye secretes, and singulerly for the stone, came to me, & requested me that I woulde teach him the receipt, or at the least, to giue him ỳ medicine composed & ready made, for the health of the Patient. But I perceyuyng that he woulde vse other mennes thynges for hys owne profite and honour, refused to giue it him, but willed him to bryngе me vnto the sick man, and that I my self would minister the medecine vnto him gratis. The Phisition, either fearinge blame if it shoulde be knowen, that he had recourse to the aide of an other man, hauinge peraduenture bosted that he had the secret him self, or els in the meane time, stil to make his profite in dissembling the matter, and differring it yet two dayes more, with diuers excuses and colours, vntill he brought me to the Patient, whome at my comming I founde so nigh hys ende, that after he had a litle lifted vp his eies, casting them pitiouslye towarde me, he passed from this into a better life: not hauing any nede, neither of my secrete nor any other receipt to recouer his health. With this cace I was moued to suche a compassion and sorowe, that not onely I wished my self euil, but also I desired to die: seing my ambition and vain glory to haue been the cause that this poore man was not succoured with the remedie, and gift that God the father, and Lord of

vs all had geuen me. Wherefore so great was the remorse of conscience in me, that desyring to sequestrate my self frō the worlde, and not finding my self of suche a disposition of minde, that I coulde liue in a Monasterie emonge religious men, better edified then I, I was at the last fullye resolued with my self, to chose a place separate from anye towne, where I haue a lytle lande, some bokes, and a studye, for to auoide idlenes. Here I liue a life, which I call a Monkes life, with one seruaunt, which goeth to the towne, not to begge, but to bye my prouision, and other thinges necessarye: for to sustaine his poore life and mine, as longe as it shall please God.

But yet not hauing the power to put out of my fantasie, but that I was a verye homicide and murtherer for refusing to giue the Phisition the receipt and remedie, for the healinge of this poore man, I haue determined to publishe and communicate to the worlde, all that I haue, being assured that fewe other men haue so many as I. And minding to set forth none, but such as be moste true and proued, I haue these dayes paste (taken partly out of my bookes, and partly out of my memorie, al those that came to hand) made a collection of suche as I am certaine be veritable, trewe, and experimented, not caringe if some of them be written, or printed in any other bookes then this. For of this my collection the reader, as touchynge those, maye at the least take this vtilitie and profite, that whereas before he mought haue doubted, whether suche remedyes set forthe by another manne, were trewe or not, he shall be nowe assured, vnder the affirmaunce of my fayth: For trewly, I woulde not sette my selfe (beynge in the age, and disposition, bothe of bodye and mynde, that I am nowe in) to wryte fables or lyes, that shoulde continewe alwayes. But of one poynte I wylle aduertise the reader, and that is, that he doe the thynges with good diligence, and that in medecines concernyng

nynge mans body, he vse the ayde and helpe of Phisitions: Although in dede many of them, moued with a certaine rustick, and euil grounded enuye, with a passion of Jelousie, are wonte to blame & contempne thynges that come not of them selues. Wherfore, as wel in this, as in euerye other point, if he that will vse these, should perchaunce finde, that the thing would not take effect accordinge to his contentation, let hym beware that he abuse not him self in the cõfection of them, and to beginne againe with more diligence. Assuring him self, that (as I haue sayd) there is nothing in this boke but is true and experimented. And geuing alwayes glorye and praise vnto God onely for all, haue a good hope, that, by meane of his diuine grace, I wil consequently make you a present of the rest of all that I haue gotten in so manye trauayles, voyages, costes, and diligent study.

Fare wel.

THE SECRETES of the reuerent Maister Alexis of Piemont. I.

THE FIRST BOOKE.

The maner and secrete to conserue a mans youth, and to holde backe olde age: and to maintaine a man alwayes in health and strength, as in the fairest flower of his age.

All this is taken out of the long study, and diuers experiences, that a gentle man made by the space of many yeres, in the seruice of a noble Lady. Beyng a thing most certaine, that an old man, of three score and ten yeres all withered with age, of a very euil complexion, and subiect to diuers kindes of diseases, was altred and chaūged, as into the age of sixe or eight and twentie yeres.

FIRST, men ought to haue alwayes in remembraunce and before their eies, that no grace, gifte, or commoditie, is to be hoped for, but of God onely. In whose great clemencie and goodnesse, the great prophet, being assured and stablished in conscience, through his perfect faith cried, saying: Renouabitur, sicut aquila, iuuentus mea. And by the same mercye and goodnesse he prolonged so many yeres the lyfe of Ezichias: and made Moises liue a hundred and .xx. yeres and more, and not one of his teethe at any time mouing: without any dimnes of sight or ache of heade. He then as a moste mightye creatour and father of all, hauinge assigned vnto man the terme of his life, & left him to the arbitrement of his owne wil: and also hauing geuen vertue, strength & properties vnto thinges, & leauing them to execute ordinarily, their mouings & nature, hath also left power vnto humane creatures to preserue themselues in health, vntill ỳ terme & prefixed ende of our life, both vniuersally & particularly.

But for as much as we know not how to employ things, according as thei are conuenable & mete for our nature, & our chaunces or neceſſities, our diſordinate maner of lyfe maketh vs to liue the moſt part in diſeaſes, to precipitate our youthe, and to abbreuiate muche our lyfe. Then, hauyng our thought and mynde alwayes firme and ſure in hym, and replete with faith and deuotion, ſayinge in the name of his infinite goodneſſe vnto our ſelues: Longitudine dierum replebo eum, et oſtendam illi ſalutare meum. We wyll commence and beginne as inſpired with him, and aſſured to helpe our ſelues, with the vertue and ſtrength of thinges created in the worlde by his diuine power, onely for our benefite. And mindyng for a publike profite, to communicate ſome thing, as well ſearched and found out of my ſelfe by long experience, as lately obtained and gotten of a ſpeciall frende of mine whiche alſo by greate diligence and experience, hath by the ſpace of ſeuen yeres: proued this maner of preſeruing & eſtabliſhinge the health and youth, I will firſt giue you the maner, howe to make a miraculous licour, conſeruatiue and reſtoratiue of the naturall heate, and radicall humour, in the whiche twoo thinges conſiſteth principally the health, the vigour, the ſtrength, and the lyfe of man.

To make a precious licour, and of ineſtimable vertue: the whiche taken at the mouth, ſtrengtheneth and augmenteth the naturall heate, and radicall humiditie, purifieth the blood, and cleanſeth the ſtomack from all ſuperfluitie of humours: and by that meane conſerueth the health and youth, and prolongeth the lyfe of him that vſeth it.

IN the moneth of May, at the Sonne ryſyng, thou ſhalt take vp in a peuter diſhe, or ſome veſſell of glaſſe, beyng very cleane, the dewe that is fallen vpon Roſemarie, Burrage, and other good herbes (Sage onely excepted) for it is a thing moſt certain, that vnder Sage certain venemous beaſts are wont to aſſemble, which infect and poiſon it, with their breath: and thoughe that the leaues

maye

may by washinge be purified and cleansed, from suche exhalatiō and breathing, yet neuertheleſſe, if the dewe that falleth vpon the leaues, chaunce to take ſuch venime and poiſon, it is not poſſible by any meanes to purifie it: and therefore you ſhall not take vp the dewe of Sage. Then, after hauynge gathered as muche dewe, as you thinke good, haue thre glaſſes ready, of ſuch greatneſſe as you will, the which glaſſes you ſhall fill, ſomwhat more then halfe ful: the one with ſuger, and the other wyth Manna, and the thirde with Honny, the reſt of the glaſſes remayning ſtill emptie and voide: and then fill them all vp, full with theſayde dewe, ſtopping them faſt w̄ white Ware, and couer them with a linen clothe. Kepe them alſo in a cupborde, or ſome other place out of the Sonne, as longe as nede ſhal be to vſe of it, as we will declare afterward. And then take the iuice of quinces, & haue readie in a litle glaſſe ſome good Agaric, broken in pieces onely, and not in poulder: the which you ſhall couer with the ſayd iuice of Quinces, in ſuch ſorte as you haue done with the Suger, and other thinges in the glaſſes, and kepe it well couered. Then take the iuice of all theſe thinges folowyng, of redde Roſes or incarnate, of Succory, of Endiue, of Fumiterie, of Buglaſſe, of Borage, of Mallowes, of Hoppes, of the leaues & flowers of Marche violettes: and of eche of theſe iuices a like quantitie: then mixe them wel together. That doen, take a pound or two of Aloes Epaticum or as muth as you wil: for the more there is, the better it ſhalbe, becauſe that the ſayd Aloe being ſo ſteeped, watered and prepared, as we wil ſhewe you, is a verye exquiſite and familier medicine to kepe in a houſe, and take of it by litle lampes or pilles, ones in the weeke when a man goth to bed: for it kepeth the body from putrifaction, and from all euill humours: and is very profitable and good, againſt the ache or paine in the ioyntes, and alſo for the French Pockes, as here after we will declare orderly.

Take of the ſayde Aloe of the beſt and the freſheſt, ſuche a quantitie as you will, and put it in a cup of glaſſe or cleane platter as is aboue ſaid, and ſet it in a windowe

or ſome other place in the Sonne, watringe or ſteppyng it in the ſaid iuices mingled together, giuing it therof as often as ſhalbe ſufficient to make it moyſt, and to make of it as it were a thicke ſirop. Then couer the cup with a clene linen cloth, or paper, to kepe it onely from the duſte, and leaue it ſo in the Sonne. And when it is almoſte waren drie, embibe or water it again as before, and let it ſtand in the Sonne. This ſhall you doe, ſo often, vntill you haue made it ſoke and drinke vp as much iuice, as the weight of halfe the Aloe onely: that is to ſay, if the Aloe weyghe twoo pound, make it drinke vp at diuers times one, poũd of the ſaid iuices. This doen, take theſe thinges followyng, Turbit halfe an vnce, fine Sinamom, Spica Nardi, Fole foote, alias Aſtrabacca, Squinantum, Carpobalſamum, Xilobalſamum, Lignum Aloes, Bdelliũ, Mirrhe, Maſtic, of eche of them an vnce, with half an vnce of Safron: All theſe thinges beinge well beaten into pouder, and put into a cleane panne, you ſhall powre into theym, ſo much common water, that it ſurmount the ſayde matters, a good hande breadthe, lettyng them boyle with a ſmall fyre, the ſpace of an houre or more. After thys you ſhal ſtraine the ſayed decoction, and by litle and litle, water from tyme to tyme, the ſaid Aloe in the Sonne, as you haue afore doen: and this you ſhall do ſo longe, vntyll the Aloe haue dronke vp all the decoction. This doen, take it out of the Sonne, and it ſhalbe a precious thing to keepe in your houſe, as we haue alreadie declared, whiche alſo maintayneth the body in health, kepeth the head cleane, and cauſeth to haue a good colour, and a quicke and lyuely ſpirite, to them that vſe of it. He that is not of abilitie to make this mixtion, in the maner aboueſaid, may make it in this wiſe. Kepe diligently the ſaied Aloe, in litle diſſhes of woode, to make this that wee wyll ſpeake of, here followynge. Take Aqua vite, not to fyne, nor of the firſt ſtilling, but ſtilled twiſe or thriſe at the moſte. And put in diuers litle violles of glaſſe (the one bigger then the other) all theſe thinges folowinge, well beaten into pouder, at the leſt thoſe that maye be beaten, puttyng alſo

Xylobalſamum. The wood whereof natural balme commeth.

so in eche of theim, asmoche of the Aqua vite, as shall bee three fingers aboue them in the Violles, doyng as hereafter foloweth. Take an vnce of smalle fine Perles, well washed three or fower tymes in cleare water: and then beyng dried, and laied in the iuice of Lemons, or Cytros, well strained, leaue theim so by the space of three daies: and so put the saied perles, that thei may be with the said iuice, remaining in the glasse, putting to them Rose water, three fingers high or aboue, the perles, as is afore mentioned. Then take an vnce of fine read Coral, and put it likewise in the Iuice of Lemons or Citrons, vsyng it in all poinctes, like as ye did the perles, putting it in a glasse by it self with Rose water, with fower vnces of blew Vitriol, well burned in a close pot. This doen, take the flowers & tender toppes of Rosemarie, of Burrage, of Bugloss, of Sage, of Selanding, of Isope, of Scabiose, of Rue, of saint Ihons worte, of primroses, together with all the tender leaues of the saied herbes: and then stampe them slightly, in a morter of stone or wood, and put them altogether into one glasse, or into diuers, with as moche Aqua vite, as will be aboue them, three or fower fingers, as we haue saied of the other thynges, and let them stand so in the glasse, wel stopped with ware or bombase. Take after this, halfe an vnce of Saffron, wel beaten into pouder, and put it in a glasse by it self with Rose water, after the maner of the other thynges: then put to it fower vnces of Triacle, with Rose water, in an other glasse, after the forsaied maner: and take one vnce of fine Cinamon, a quarter of an Vnce of Cloues, an Vnce of Lignum Aloe, an vnce of Anise seede, and vnce of Fenell seede, halfe an vnce of smallage seede, fiue or sixe vnces of Ienyper berries, halfe an vnce of Cheruell seede of, the seede and bark of a Cedar tree, of eche of them twoo vnces, halfe an vnce of Myrrhe, a quarter of an vnce of Storar or Styrax Liquida, and Vnce of Bengewine, an vnce of Sandali, of all sortes of Mirabolanes, of eche of thē three vnces, of Pine apple kernelles mondified three vnces, of yelowe Ambre which the Apoticaries call Carabe, twoo vnces, three vn-

ces of white Dittanie grene or drie, the eight parte (or as litle as you will) of an vnce of Muſke. Let all theſe thynges bee well ſtamped, and mired together, and putte in a glaſſe with their Aqua vite, as is ſaied of the other. You muſt then ſtoppe well al the ſaied violles or glaſſes, or other veſſelles, with ware or bombaſe, and with parchement ouer it: and ſo ſet them a daie in the Sonne, and the night followyng, in the aire abrode. The morowe after, take ſome great veſſell of glaſſe, as thicke as you can get, hauyng no couer, bicauſe you maie alwaies loke into it: and thereinto you ſhall powre faire & ſoftly the Roſe water, that is in all the glaſſes, eche of them beyng coloured with their ſubſtaunce, in ſoche maner that no part of the ſubſtaunces, whiche are in the bottome, be mirte with it. And after hauing put al theſaied Aqua vite, into theſaid veſſell, as is aboue ſaid, ye ſhal ſet it in ſome place, where as no Soonne can in any wiſe come vnto it. But beware that the three firſt glaſſes, that is to ſaie, with the Suger the Mãna, and the Honie in the dewe, ought neuer to be ſet in the Sonne, but muſt be kept vntil you put it in vre, as we wil ſhewe you. And after that you haue poured the Aqua vite, out of all theſaied glaſſes ye ſhall put in other freſhe, and ſet them well ſtopped in the Sonne, and in the night in the aire, as is aforeſaied. Then put them all together with the other, in the ſaid veſſell of glaſſe, and put again in euery violle other Aqua vite, and doe as before: and thus muſt ye doe eight or tenne tymes, or till you ſee that the Aqua vite, wil bee no more coloured, or haue taken al the ſubſtaunce of the drooges, that are in the violles. A man can not chaunge the ſaied Aqua vite to often, bicauſe ye muſt paſſe all the ſaied waters of life, through a bath called Balneum Marie, as wee will hereafter declare by the which ye maie paſſe, as well a greate quantitie as a ſmalle, and by this meane alſo, ye ſhall loſe no parte of the vertue, or ſubſtaunce of the ſaid thinges, hauyng drawen and taken it al with the ſaied Aqua vite, of the whiche ye muſt firſt haue made prouiſion, of fower or fiue flagons. Then, ye muſt take all the ſaied Aqua vites, being

put

put into one vessell, and mixte them well together, with the three first violles, where the Suger, the Manna, and the Hõnie, with the dewe, is: and then the violle with the Agaric, and three vnces of the saied Aloes, prepared and watred. After this, put al these thinges in a greate violle made of good and thicke glasse, to thende it be not in daũger of breakyng, in handelyng of it. And to be more assured, after ye haue wel mixed all together, ye maie deuide all the substaunces, into diuers smalle glasses, or violles, to passe them through the saied Balneum Marie, at sondry times, or at ones in diuers litle fourneises, in this maner. You shall set and trymme the violles wyth strawe or Towe, in the bottome of a panne or caudron, wherein there must be water, and set the saied caudron vpon a furnaise of yearth, and this is called stillyng per Balneum Marie: Then set vnto the violle, his Limbecke, with his recipient that the substaunce take no winde or vent: then you muste make your fire so, that the caudron maie seeth or boile faire and softly, and so shall you distille and make come into the recipient, al the Aqua vite as clere as Crisstalle, the whiche, bicause it hath been passed through, by distillation diuers tymes, will bee better for all thynges then the other, and principally to be taken at the mouth, bicause it kepeth parte of the vertue and strengthe of the thinges, that it was put into. Also you must vnderstande that of the fiue partes onely, of al the substaunce, whiche shal be in the violle or violles three or fower partes must bee distilled: and the rest to remaine in the bottome of the saied violles. This doen, let the ouen or fornaise and the caudron coole, and in vndoing the Limbecke, and the recipient, ye shall take awaie the violles, keppyng well this distilled water for to serue you, as wee haue afore saied: and then put all the substaunce, whiche remaineth in the saied violles not distilled, into some other greate and thick violle or glasse, wel couered or bound in wicker or osiers, stoppyng it wel with ware or bombase, and aboue that, with a double parchemente, and locke it handsomely in some place, farre from the Soonne, and out of all heate.

This licoure hath not his like in vertue, the whiche take euery weke ones or twiſe, the quãtitie of a ſponefull, preſerueth health, driueth away all euill complerions from the body, maintaineth and ſtrengthneth ſo the naturall heate, and radicall moiſtneſſe, and vpholdeth a mã in his ſtrengthe and vigoure of the heade, and of the witte, maketh the viſage well coloured, the breath ſwete, the bodie yong and luſtie, that a mã is not able worthely to eſteme or iudge the vertue thereof: and leſſe able to expreſſe and praiſe the great goodneſſe of God the creatoure, that giueth ſoche vertue vnto thinges created, and openeth the witte and vnderſtanding of man to knowe theim, and to vſe them to the profite and commoditie of his creatures.

Now the maner how to vſe it, is this: In the Spryng time, ye maie take it alone, or with a litle broth of Veale, Pigeons or Chickens, or els in Maluoiſie, or ſome other good white wine. In Sommer, ye muſt take it with water of Bugloſe, or the decoctiõ of Borrage, Bugloſe, Letoſe, Succorie, Endiue, or els ſome of the ſaid herbes: and at all times it is good to take of it a ſponefull, putte into halfe a glaſſe ful of the milke of a woman, new brought a bed of a man child, or of a nurrice that giueth a man child ſucke, or els in Gotes milke. And the quãtitie & oft vſing of it muſt be obſerued, according to the perſones, & tyme: for, vnto a weke and aged man and thoſe that haue been lately ſicke, or weake of nature, ye muſt giue it oftener and a greater quãtitie, then vnto a yong and luſtie man. Alſo a man may take of it oftener, and more in Winter, then in Sommer. Now ye muſt vnderſtande, that all the flowers, herbes, and other thinges reherſed, are not foũd together in one time and ſeaſon: wherefore the ſaid licour can not be made at one tyme, but beginnyng the firſte or ſeconde weeke of Maie, it ſhall be at the leaſt, the ende of September or October, before ye can make an ende: and therefore you muſt gather from time to time, eche thing in his ſeaſon, as you may get them, and put them in ſome veſſell, euery one by them ſelues, or with the other thynges that thei ought to be ioyned with, after the maner a-

boue

boue saied: and vse to dresse and trimme the said thynges, according to the time that you may get them in. And yet if you can not furnishe your self, with al soche thinges as I haue declared, take those that you can gette, prouided, that the reste which you can not get, bee not of to greate importaunce: but it should be more expedient and sure, to haue of all, seyng there is nothyng of any greate coste or charge, or to hard to be gotten. Moreouer, if you wil haue your matter in good perfection, there resteth but to make a naturall dissolutiõ of fine gold: and when you will take of it take twoo partes of thesaid licoure, & one part of the dissolutiõ of the gold, which we will teache you to make hereafter: although that in this present booke, wee will make no mention of the perfitest maner of making soche a dissolution, which we haue gotten by great studie, and obseruation, and by often experiẽce of the thyng, that we will doe aswell for not being verie possible to shewe it by writyng, without making demonstration thereof: as for other causes, but we wil put here some other maners and waies, bothe good & true, and of soche importaunce, that peraduenture better hath not vnto this day, been found.

A potion or drinke, to be vsed in steade of Sirop, good for men of all ages and complexiõs, that will be purged: the which, taken what daie you will, drieth awaie the euill humours, without mouing or troubling the good, or doing any hurte: And is also very good for the great Pockes, and al infirmites, as well of the stomacke, as of the heade: & is likewise profitable for them that be in health, to take twise in the yere, in steade of an ordinary purgation, that is to saie, in the Spring time, and in September.

Take Mallowes, and boyle them in water, vntyll they bee so ofte, that they can almoste bee no softer: then straine the decoction, and take pouder of Sene, and of ẏ barke of Lignum sanctum, called Guaiac, of eche of them seuen vnces, well beaten to pouder, and clensed or sifted, Salt Armoniac twoo dragmes: & in the meane time, set the decoction of the Mallowes vpon ẏ fire with halfe a pound of Honie, and let the saied decoction

be

be aboute twoo common glaſſes in quantitie, whereun-
to ye muſt put halfe a pounde of tartell, and then let it
boyle fayre and ſoftly, the ſpace of halfe an houre, ſkim-
myng well the honnie. After this, ye muſt ſtraine it, and
put it hotte as it is into a potte by little and litle, where
the forſayed thynges be, that is to ſaye, the Sene, the
Guaiac, and Armoniac ſalte. Now in powring, you muſt
alwayes ſturre the ſayed thinges with a Spone, or ſome
other thyng. And then immediatly ye muſte couer the
pot with hys couer, in ſhuttyng it cloſe, and cloſyng
it vp with claye, round aboute the ſides, ſo that nothing
maye breath or reſpire out, and ſo ſet the pot vpon the
fire, by the ſpace of twoo Pater noſters, and no more.
Then take it from the fyre, and wrap it in a pillowe of
fethers, well warmed by the fyre, or in a tubbe or bar-
rell, full of braune well heated, or in ſome clothe very
hote, to thende it maie be well nuriſhed and kept warme
and leaue it ſo by the ſpace of ten or twelue houres. Then
afterward ye muſt open the pot, and ſtraine the ſaied ſub-
ſtaunce, through a ſtrainer or thicke canueſſe, & you muſt
haue ready before, halfe a glaſſe of white wine, and in the
ſame three or fower vnces of Rubarbe, cut in ſmalle pie-
ces, and that the Rubarbe haue been in it, the ſpace of a
daie or twoo before: the whiche wine ye ſhall powre into
the decoction of the ſaid thinges, as ſone as it is ſtrained,
as is afore ſaied: and put thereunto an vnce of Aloe Epati-
cum prepared and ordered, as is aboue ſaied: or at the leſt
as the Apoticaries doe ſell it, and call it Aloe Lotum, wyth
the iuice of Roſes, or otherwiſe, the whiche ye muſte put
in, well beaten to pouder, with halfe an vnce of Caſſia Li-
gnea, and kepe all this cõpoſition in a violle, or other veſ-
ſell well couered. The maner of receiuyng it, is to heate
it a litle at the breake of the day, and to take halfe a glaſſe
ful or more of it, according to the exigent of the ſickneſſe,
and the qualitie of the perſone, & hauing taken it, he muſt
kepe his bedde a while, and ſlepe, if it be poſſible: and thẽ
riſe and walke aboute the houſe, or els where, at his plea
ſure. Neuertheleſſe, it were better that he kept the houſe,

and

and specially bicause of the mouyng of the body. And this maie he vse. v. vii. ix. or. xi. morninges : for the pluralitie can not hurte. Also this potion or drinke, is of soche exquisite boũtie for mannes body, that we nede to vse none other maner of purgation, or medicine.

¶ A verie easie and good remedie, for to heale all maner of Pockes, which is made with litle cost, & requireth not that a man kepe his bedde or his house, but maie vse it going in the streetes: And it is also verie good for al sortes of grief in the ioyntes, in what part of the body so euer it be.

TAKE three poundes of rawe Honnie, and a pound of the Juice of the flowers of an herbe called Primula Veris, which hath his leafe somewhat long, fatt, or ful of carnosite, & somewhat white, his flower Yelow, fassioned like a belle: and for lacke of the flowers, the Juice of the Herbe: then take halfe a pounde of Lignum Sanctum, beaten into pouder, and hauing let it boyle in common water, a good while, ye must straine it, and put thesaid iuice with the saied Honnie, into a pot, puttyng to it three vnces of Aloe epaticum, ordered as is aforesaid, or as the Apoticaries sell it, wasshed with the Juice of Roses. And then, vpon thesaied Aloe beaten to pouder, ye must poure as moche of thesaied water, wherein the Guaiacum hath boiled, as wyll mounte in the potte fower or fiue fingers high: then adde thereunto twoo vnces of the Vineigre of Squilla, and lette it boyle fayre and softly, by the space of halfe an houre, or a litle more, skummyng well alwaies the Honnie, and when it hath almoste boiled inough, put vnto it three vnces of fine Sinamõ, wel beaten into pouder, set it again a while vpon the fire: then, hauing taken it of, and setten it vp to keepe, ye muste heate of it in the morning a glasse ful: and after you haue dronken it, eate a litle piece of a Quince, or of a fruite called in Latine Sorbum, in Frenche Corme, or grene Grapes, Pome Granade, or of some other bindyng thyng, what ye will: and keepe your bedde, sleapyng as long as you will: and also after

Sorbũ latin Frẽch. Corme

There groweth none in England & therfore we haue no English name for it, sauing som english it, and cal it seruis beries.

after you be riſen, and haue doen your buſineſſe, yea, out of the houſe, if it come ſo to paſſe. But (as we haue ſaid) to keepe your bedde or houſe, is alwaies the beſt for you, when ye vſe Phiſicke. And this potion or drinke, muſte you take from daie to daie: but if the paine be not to vehement, it ſhall ſuffice being taken twiſe in the weeke: and this doyng, you ſhall ſee a wonderfull operation, and ye ſhall not nede to vſe Lignum ſanctũ, nor any other thing. This remedy onely is ſufficient for all menne, and hath been proued and experimented diuers tymes, and vpon diuers perſons.

¶ To diſſolue and reducte gold into a potable licoure, which conſerueth the youth and health of a manne, as well taken by it ſelfe, as mingled with the foreſaied licoure, ſpoken of in the ſecond Chapiter of this preſente booke, & wil heale euery diſeaſe that is thought vncurable, in the ſpace of ſeuen daies at the furtheſt.

TAke a glaſſe full of the Juice of Limons, and heate it ouer the fyre, vntill it beginne almoſt to ſeeth: then take it from the fyre, and ſtraine it three or fower tymes through a Linnen clothe, and afterwarde diſtille it through a longe gutter of Felte: then take twoo pounde of rawe Honnie, and ſette it on the fire in a pot, miring with it the ſaid Juice of Lemons, and adding thereunto halfe a pounde of common ſalte, that is clene, white and well beaten: mire well all together, and let it ſeeth faire and ſoftly, vntill there remaine no more ſkum of the Honnie. Then take that that remaineth in ẏ pot, & diſtill it in a vrinall of glaſſe, making but a ſmalle fire at the beginning, encreaſyng it by litle and litle, and at the ende greate and ſharpe: and whẽ all is cooled again, open the violle, and powre the water out of the recipient, into an other violle, ſtopping it ſure for taking vente. This dooen, ye muſt breake the vrinall of glaſſe, and take the lies that ſhal remain in the bottome, and ſput it into a couered pot, the whiche pot you muſte couer ouer and ouer with claie or morter, to the entente it maie the better endure

dure the fire: and after put it into some fourneſſe, where glaſſe is made, or into a potters fourneſſe or lyme kill, or some other semblable thing, so that it maye be in a greate fire, by the space of two or three daies. And after that the said substaunce shalbe taken out again, stampe it well, and for a pounde of the same, put in foure vnces of Manna, and two vnces of suger Candie, and if there be more or lesse of the substaunce, ye must put in a good proportiō of the Manna and suger Candie, in equall quantitie with the substaunce. Then put all into another vrinall of good glaſſe well claied, and powre vpon it the water, whiche you kept before in the violle, putting thereunto twise as much fine Aqua vite, as was in the saied first violle. And hauynge trimmed and set the vrinall of Glaſſe vpon the fourneſſe, with his limbecke, and his recipient, and well closyng al the joyntes with clay or morter, ye shall make the matter distill faire and softly, with a small fyre: for it wil easely distill: & when it will distill no more, augment your fire, so that ye maye distill all that is possible. But you must leaue the water, with the violle, vpon the fourneſſe, wout mouing it any whit, vntil you wil put it in experience. This done take fine golde foile that is of xxiiii. Carates well fined with some Cyment or with Antimonium: and take of ẏ saide foile what quantitie you wil, in a cup of glaſſe in mingling them wel w̄ honny, or w̄ Julep roſet or violet, as men are wont to dreſſe it to write with al, whereof we will put parfitly all the maners and fashions in the fifte booke of this volume. And after you haue well vnmired and purged it from the sayde Honnye, with whotte water as shalbe saide in the same place: you shall put them to still in a violle of glaſſe: and than hauinge taken of the recipient, put the sayde water into a long necked glaſſe well stopped with whyte ware, hauyng fyrſte put vpon the saide gold, which is in the violle, the height of fiue fingers of the saide water: and then set to the limbeck with his recipiēt, stopping well with claye the joyntes, makyng the water which shalbe vpon the sayd golde to distil with a smale fyre, not augmentyng it at the ende,

to

to make al to diſtill, and care not if the golde remain ſome what moiſt. This done, take away the limbecke from the violle, without takyng a waie or vntiyng the recipiente from the ſaid Limbeck, not ſturring the water out of the recipient. But take ſome man to helpe you, who whyles you take the limbeck of from the vrinall, ſhall powre vpon the ſaid golde the ſame water that you kept in the violle ſtopped with white waxe: & let him put in as muche as at the firſt time, that is to ſaye, the heyght of fyue fyngers: then immediatly ſet the Limbecke vpon the vrinall again, cloſing wel with clay the ioyntes or ſides a newe, making the diſtillation as afore, and ſo conſequently vntill all the water of the ſaid violle, bee deſtilled vpon the ſaied golde. And finally, ye ſhal powre the gold out of the violle into a glaſſe, ſomewhat great to holde the water that you haue diſtilled into it at diuers times, as we haue ſaid in the Chapter before: then ſet to the Limbecke with his recipient, and ſee that by the ſpace of. xv. or. xx. daies, the water of the bathe be hotte without ſeethyng ſo that yet nothing maye diſtill. Then after make the water to ſeeth, and diſtille all that may be diſtilled: and in the bottome of the violle, the golde will remaine diſſolued into a licour moſt precious, whiche you muſte keepe in ſome litle glaſſe well ſtopped. And if you will haue it yet fyner, you may make it without taking it out of the ſaid glaſſe, in puttyng it again into the ſaid water, and diſtilling it a freſhe, not keping (for al that) the water from ſeethyng, as you did before, but make it ſeeth and diſtill all at ones and this diſtilling may you reiterate as ofte as you will: for the oftener it is diſtelled, the better it is. Thus doing ye ſhall haue a right naturall and perfite potable golde, whereof ſomewhat taken alone, euerye monethe ones or twiſe, or at the leaſt with the ſaide licoure, whereof we haue ſpoken in the ſeconde Chapter of this booke: is verie excellent to preſerue a mannes youth and health, and to beale in fewe dayes any diſeaſe rooted in a manne, and thought incurable. The ſaied golde wil be alſo good and profitable, for diuers other operations & effectes: as good

wittes

wittes & diligent searchers of the secretes of nature, may easely iudge. In this same maner (obseruyng all thynges diligently) a man may make of siluer beaten into foile to haue likewise a potable siluer, of a merueylous vertue, yet not suche as the golde: And I assure you that I sawe aboue .v. yeres ago, an Englishe man haue a water made of siluer, peraduenture trimmed & dressed after another sort, according to diuers differēt waies, tēding (notwithstanding) all to one ende with the which water the sayde Englishe man did many thinges estemed as miraculous, in healing many painful diseases & infirmities of man.

To heale an excrescens or growing vp of the flesshe, within the yarde of a man, albeit it were rooted in of a long tyme

TAKE the lees of Wynne distilled, or yf you can not haue suche, take Wynne, and burne it in a potte: and putte the blacke lees that shall remayne in the bottome, into another potte, or into an yron panne, and sette it to burne or calcine in a vernishers fournesse, or suche other, in a greate fyre, by the space of three or foure dayes, whereof ye shall haue a substaunce as yelowe as Golde, the whiche will bee excellent to laye vpon all maner of woundes: for it eateth awaye the euyll flesshe, mondifieth and healeth the good, wythoute payne or griefe, whiche maketh to bee muche better for all woundes, then is the Precipitatum, that the Chyrurgens commonlye vse. Take then of thys Pouder an vnce, of Dogges turdes two vnces, lees of wyne halfe a Dragme, which is the halfe of the eight part of an vnce, fine suger a dragme, roche Alume burned a dragme, of Tutia a dragme let all these thinges be well beaten to pouder, and sifted through a fine seeue & then take grene leaues of an Oline tree, and beate them in a morter of stone, moistīg them a litle with wyte wyne, the whiche being well stamped, ye must strain in a presse or betwene two trenchers for to get out the iuice, and putte to it as muche plantayne iuice: then set it to the fire in a litle potte, and afterward put in it by litle and litle the said pouder, mingling altogether

continu-

continually: And laſt of al you muſte adde vnto it, a lytle grene ware and a very lytle Honye roſet, that it maye be a liquide oyntemente and ſo keepe it. This oyntemente is verye precious to conſume all maner of excreſcence, or growing vp of fleſhe in anye tender place of the bodye, as in the ſecrete membres or in the noſe: whereunto a man dare not applicque any ſtrong or ſmartyng thyng. Nowe when ye muſte vſe it for the carnoſitie within a mannes yarde, you ſhal take firſte of al a Squirte and fill it wyth whyte wine wherein dyde Roſes and plantaine leaues haue bene ſodden and boiled wherewith alſo ye ſhal mixe a litle womans milke, or the milke of a Gote: then waſhe well the mannes yarde within with this Squirte: After this take a litle ware candell ſomwhat long, and of ſoche greatneſſe as it maye enter into hys yarde at the poynte whereof ye ſhall put a lytle of the ſayde oyntement, warming it a lytle and thruſt it as farre into his yarde as you can vntil you feele the Carnoſitie, and leaue the ſaid oinтment within the yarde a lytle whyle: then take it out again: and doe thus morninge and euenynge lyng a bedde his beatie vpwarde, when ye ſhal put in the candell wyth the oyntment, and you ſhall ſee a merueylous effect: for it ſhal heale him throughly in fewe dayes, without anye daunger.

To heale al maner of inflamation and euil diſpoſition of the lyuer, and by this ſame ſecrete haue been healed certain perſons, which had their faces as it were Leparie, great ſwollen legges, theyr handes inflamed, and rough within ſyde.

TAke flower or Amilum made of Barley, whiche ye ſhall eaſely fynde at the Apoticaryes, & ſeeth it halfe an houre in common water: then ſtrayne it, and put it in another newe potte that is cleane and neatte, puttynge to it a fewe Mallowes, Succorye, Hoppes, Endiue and Burrage: and ſeeth all theſe together vntyll it bee diſſolued, and adde to it an vnce of Sandall: and then ſtrayne all, and take in a lynnen clothe as muche Caſſia extracta, as wyll goe into twoo Nuttes, and put it within

within the saide linen clothe with the Cassia, whyle the water bs whote, prestinge it so harde betwene your twoo fingers, that all the substaunce of it, maye goe into the saide water: then putte to it Suger or Penides, as much as you wyll. Of this drinke whiche is of a verye amiable sauoure, you muste take from daye to daye, a lytle glasse full in the mornyng, lying in your bedde, with your brest vpwarde: then laying some linnen cloth vpon your stomacke slepe if you can, and take of it also after you be vp, and haue dooen your necessaries, the which doynge you shall finde your selfe very well healed in fewe dayes. But here note that this muste be done in Sommer, and not in Winter: and he that hath his stomacke very colde, maye weare before his brest, some piece of Scarlat, or other clothe, and sometyme annoynte his stomacke with an oyle, made for the weakenes of it, the perfect composition whereof, we wil put hereafter.

To heale the Emorhodes or Piles in a nighte, a rare secret and very excellent.

TAKE the leaues of greene Elder, and boyle them in water, vntyll they bee dissolued: Than take a piece of redde clothe, a lytle bigger then the palme of your hande and stretche it a longe vpon your palme. Nowe, muste the patient bee in his bedde with his bealye downwarde, because ye must laye the sayde leaues vpon the Emorhodes, hot as thei were taken out of the caudron, hauyng layed vpon them before, a litle oyle Oline. Then take another litle piece of clothe, with other leaues and take awaye the fyrst, continuynge thus and chaungyng alwayes the leaues (if not all the nighte) at the least as long as ye maye: and also in the meane tyme, ye muste let the patient slepe as muche as he will, who in the mornyng shal finde him self as lustie, and as well disposed as if he had neuer had the disease.

A synguler ointment, whiche healeth all burnynges wyth fyre, not leauing any cicatrice or skarre where it hath bene.

TAke the whyte of two Egges, two vnces of Tutia Alexandrina, two vnces of quicke Lyme waſhed in nyne waters, an vnce of newe Ware, with as much Oyle Roſatte, as ſhall ſuffice, and make thereof an oyntment, which ye ſhall fynde very good, for this, that we haue ſpoken of.

A perfect and proued remedye for them that be weake of ſtomacke, and can not kepe theyr meate wythout vomityng it vp agayne.

HAuyng taken two pounde of redde Ware, and made prouiſion of a diſhefull of Oyle Olyue, take pieces of Alablaſter and heate them in the fyre: and then quenche them in the ſayde Oyle: heate them againe, and quenche them as before: and ſo three or foure tymes. This doen beate the Alablaſter to pouder, and mire it with the ſaide Ware and Oyle, wherein it was quenched: Then put all to diſtill through a croke necked violle lyke a Bagge pype, clayed rounde aboute, ſauinge the bottome, whiche diſtillers beyonde the ſea doe vſe, the Frenche men call Retorte or cornue, and make ſuche a fyre as the Oyle maye diſtille, with all the reſt that poſſible maye bee diſtilled: and then keepe it, puttynge to it halfe an vnce of Myrrhe, beaten in pouder. And when you will put it in effecte, ye muſte take a litle panne of braſſe or Iron: and hauing the toppes and leaues of Worme wood whiche is a bitter herbe, putte them in the ſayde Oyle, and ſeeth or frie all together: than take it whotte as it is, and rubbe the pacientes breſt with it vp to the throte, doing thus alwayes at night, when he is in his bedde, and it ſhall make his ſtomacke ſtronge. He muſte vſe in his meate, as muche Roſemary as he can, be it rawe or otherwiſe, and ſpecially in his drinke. He muſte vſe lykewiſe the moſte excellent Aqua vite, whereof we will ſpeake hereafter.

An excellent remedye, wherewith a woman of. xxxvi. yeres was healed, that had ſo marred her ſtomacke, that in the ſpace of two yeres and an halfe, ſhe neuer naturally purged downewarde: and aſſoone as ſhe had eaten any thyng, ſhe vomited it vp agayne, ſo that ſhe became yelow, and as drye as a ſtycke.

A Monke

A Monke of the order of Saincte Augustine, a man of great knowledge, and full of meruelous secretes, healed the sayd woman with this remedy folowing: and in the space of eyghtene dayes, made her as whole and sounde, faire and well coloured as she was before her sickennesse.

Firste of all, he had made a litle ouen, like vnto suche as men bake breade in, the which he did heate with rosemarie: and the saide Ouen was in fashion like a Bakers Ouen, wherein he baked litle prette loaues and cakes, which he gaue her alone without any other thing to eate, eight or tenne daies, and gaue her whyte wyne to drynke withoute water. He gaue her also gentle meates, with Sinamom and Suger: and euery morning gaue her in a glasse aboute a finger heighte of water, made after this maner folowinge. Aqua vite halfe a glasse full, wherein he putte the yelowe pille of halfe a Citron, or Orenge cutte in pieces, the flowers of Rosemary a handfull, fine Sinamom an vnce, Saffron a quarter of a dragme, Bengewin a dragme, with a litle Muske: and made her to be washed ouer and ouer, or bathed in the decoction of Rosemarye, and other sweete Herbes once a weeke: and euery nighte annoynted her breaste with the sayde Oyle, distilled and sodden wyth Clowmewoode. And aboue all thinges, commaunded her to keepe a Cushen vpon her stomacke, in the nighte time, and caused her to lye longe a bedde in the morning: he made her also eate the confectiõ of Diambre. And in this wise he made her in. xviii. dayes as whole and as faire, as she was before, whome no Phisicion coulde euer fynde remedye for, during all the tyme of her sickennes.

Thre remedies verye good agaynst the wormes in lytle children.

TAKE the flower of Wheate well boulted, as muche as will lye vpon three crownes of golde, and put it in a glasse, and powre vnto it well water, or fountain water, so muche as will steepe the sayde flower, and make it loke lyke as it were milke, and no thinner: then giue the childe drinke of it, and you shall see that with

his ſiege, the Wormes will come forthe ſtarke deade, which is a very good remedy.

The ſeconde remedye.

TAke a Citron or Orenge, and make in him a hoole, as bigge as a penny, by the whiche hole with wringing, ye ſhall make the licour come out: and hauinge made a hole into the middle and moore, ye ſhall powre into it oyle of Bayes tree or leaues, the iuice of Rue, the iuice of Wormewood, Triacle, flower of a kynde of pouſſe corne, called Lupinum or Lupinus in Latine, hauynge one ſtalke, the leafe in fyue diuiſions, the codde creuiſed aboute, hauyng in it fyue or ſyre graynes, harde, broade, and redde. They bee common in Fraunce and Italy, but here vneth knowen. And ſeeth all this a whyle: and then powre it in a diſhe, & annoynt therewith the childes nauell, ſtomacke, temples, noſtrelles, and the vttermoſt parte of hys pouſſes, and ye ſhall immediatly ſee a wonderfull operation.

The thyrde remedye.

FOR chyldren that be ſo lytle, that a man can not miniſter the medicine in at the mouth: you ſhall take verye good Aqua vite, wherewith ye ſhall waſhe or ſweate the ſtomacke or the breſt of the chylde: then pouder ouer the ſayde places, with the pouder of fyne Myrrhe and laye the chylde downe a lytle whyle, with hys breſt vpwarde, and you ſhall ſee incontinent that wyth the dunge of the chylde, the wormes ſhall come out dead.

To heale chyldren of the Lunatike diſeaſe, which happeneth vnto them, by reaſon of a worme wyth twoo heades, that breadeth in theyr bodyes, the which worme commynge vnto the heart, cauſeth them to haue ſuche a paſsion, that often tymes it kylleth them.

Take

TAKE the tender ſtalkes of a Wiloyng tree, and dryе them in the ſhadowe: then ſtampe them wel, and ſifte them, and take of the ſaied pouder, and the roote of Gentian, and of long Peonie, of eche of them a quarter of an vnce, and halfe a quarter of an vnce of Mirrhe. All theſe thinges well beaten in pouder, ye ſhall put in a diſſhe, or in ſome other veſſell, as you thinke good: moiſt them with a litle water: then take of it wyth your twoo fyngers, and weate the lyppes and the mouthe of the child. Doe this three or fower times, and you ſhall ſee the worme come out deade with his ſiege. This haue I often tymes ſeen by experience, and many children, whiche, for lacke of good help, haue died with ſoche maner of Wormes, the whiche afterwarde beyng opened, menne haue founde the Worme ſtickyng vpon their hartes. And for the ſame accidente the other remedies, whiche we haue written before, againſt the Wormes, be alſo very good.

¶A remedie for the fallyng ſickeneſſe.

TAKE Germander gathered in May, when it is in bloſome: dryе it in the ſhadowe, and make it in pouder. And when you wil vſe it, take the yelke of an Egge or twaine, and ſturryng or breakyng it with a ſponefull of the ſaied pouder: then ſeeth it, and giue it to the paciente to eate. Doe this, Morning and Euening, eight days lōg: but al this while he muſt abſtaine from wine, and, ¶ carnall company of women from all ſorte of pouſſe, as Beanes, Peaſon, Fitches, Tares, and ſoche other, from Salades, ſalte Fleſhe, and from al other thinges, which are of a harde concoction or digeſtion. A verie goodly and notable ſecrete.

¶ To make oile of Brimſtone, to heale all maner of Cankers diſeaſes or ſores, which come of a putrified humoure, and renne continually, commonly called Fiſtules, and alſo to heale olde and inueterate woundes.

TAKE Brimstone beaten in pouder, and hauyng steeped and mollified it, with common oile, put it in a Gourde, apte to still out of, so ỳ it bee brought as it were like paste, the which you shal distill through the mouthe of the said Gourde: and the oile that shall drop out, ye shall put into a violle, fillyng it halfe full: & afterwarde fill vp the said violle with Plantan water, and with the Iuice of Cardus benedictus, and so let it boile a prette while. Then washe the wounde with Aqua vite, or white wine, and laie to it of the said oile, and in fewe daies ye shall heale it parfitly.

¶ To take awaie the venim or poison from a wounde, made by some poysoned weapon or arrowe.

TAke Assa Fetida, and a gomme called Galbanum, of eche of them an vnce, and steepe them in Vinaigre, the space of a night, then sette it to the fier to dissolue, and straine it through a Linen clothe, mixing with it two vnces Vnguentũ diabasilicũ: and laie it to the wounde, and incontinent the said ointmente will drawe vnto it self, and kill all the venim, so that the wounde may afterward be healed, as al other maner of woundes bee: and in case ye lacke, or can not get Galbanum, it shall suffice to haue onely Assa Fetida, to drawe the venim out of the saied wounde.

¶ Against the bityng of all venemous beastes.

AS soone as the person feleth hymself bitten, with any venimous beast (or at the leaste as soone as is possible) take grene leaues of a figge tree, & presse the milke of them, thre or fower times into the woũde. And for this serueth also Mustard seede mingled with Vinagre.

To drawe an arrowe heade or other Iron, out of a wound

TAKE the iuice of valerian, in the whiche ye shall weate a tente, and put it into the wounde, laiyng the said herbe stamped vpon it, then make your binding

ding or bande, as it appertaineth, and by this meanes ye shall drawe out ỳ Iron. And after heale the wounde accordyng as it shall require.

¶ Against a vehement cough of yong children.

TAke the Iuice of Persely, ponder of Commin, womannes milke, & mire all well together: then giue the childe drinke thereof, and after, make this ointment folowing. Take the seede of Line or Flare, and Fenigreke, and seeth them in cõmon water: then presse with your hand, the substaunce of ỳ sated herbes, which you shall mingle w̃ Butter, and so annointe the childes breast with it, heating it often times.

¶ For hym that hath a bunche or knobbe in his heade, or that hath his heade swollen with a fall.

TAke an vnce of Baie salt, rawe Honie three vnces, Commin three vnces, Turpentine two vnces. intermingle al this wel vpõ ỳ fire: then laie it abrode vpõ a linen clothe, and make therof a plaister, ỳ whiche ye shal laie whote to his heade, & it wil altogether aswage the swellyng, and heale hym cleane and nete.

A good remedie for one that is deffe.

TAke Mint, Sage, Pennirotall, Rosemarie, Isope, Mugworte or Motherworte, wilde Minte, Calaminte, Camomille, Millefoile, Yarrow or Noseblede, herbe Saincte Ihon, Wormewood, Southern wood, Centorie, of eche of them a handfull: Seeth them in a cleane pan, wyth as muche good white wyne, as there be herbes, and let it seeth altogether vntil the third part be diminished: then cause these oiles folowing, to be made at the Apoticaries: old Oile two vnces, oile of Leekes, oile of Almondes, of eche of them an vnce, of the iuice of Rue halfe an vnce, of Maluoisie an vnce and a halfe: put al these thynges in a lõg neckt glasse or violle, and let it seeth with a smalle ber, vntil the Iuice and the Maluoisie bee almoste all consu-

med: then take it from the fire, and putte in to it theſe Drogges folowyng, well beaten into pouder that is to ſaie, Spiknard, Coloquintida, the ſtone of a Beuer: called Caſtoreū, Maſtic, of eche of them a grain and a halfe: ſtoppe wel the ſaid violle, that nothing maie take vent: then put it in a pan full of water, and make it ſeeth the ſpace of three howers. Then take it from the fire, and powre the ſaid licours in ſome platter, whiche you ſhal ſet in the ſonne, and leaue it there vntill it ſhall become verie cleare, and hauing ſtrained it through ſome fine linen cloth, and preſſed well the ſubſtaunce, ye ſhal put a grain and a half of Muſke in a diſſhe, and incorporate it well by litle and litle, with the ſaied Oile, and then keepe it in a violle, well ſtopped with ware and Parchmente. After this, take the pan with the ſaied herbes, and heate them vpon the fire: then take, for a couer or lidde, a fonnell made of white Iron: and when ye go to bedde, couer the pan with the ſaied fonnell, and ſee that the pan be good and hote: then, by the litle hole aboue, let the patient take the ſmoke into his eare, by the ſpace of halfe an hower. This doen, heate the ſaid oile, vntill it be luke warme, and let it droppe into his eare two or three droppes: and ſtoppe his eare with a litle Muſked bombaſe, or Cotton, and let him ſlepe therevpon. Now he muſte, in receiuyng the parfume or ſmoke into his eares, haue in his mouth ſome drie Beanes, and after he hath chewed them, ſpit them out again, to thende that in chewing, he maie open the conduites of his Eares. And with the grace of God, he ſhall find himſelf healed in fewe daies, prouided, that the diſeaſe be in aniwiſe curable. If in caſe this helpe not, ye neede not ſeeke any other remedie in the worlde. If a man haue alſo anye hummyng or noyſe in his eares, let him vſe the ſayde medecine, & you ſhal ſee, with Gods helpe a wonderfull thinge: for it wil heale the defeneſſe of a man, though he haue had it. xxx. yeres, ſo that he be not borne deafe. Let him vſe alſo to take pilles to purge his head, and to eate goodmeate alwaies.

¶ To heale a woman that hath the Matrice out of her naturall place.

TAke a Flinte stone that hath bene alwayes in the earth, and not taken the ayer, and put it in some basket, couered in a greate fyre: and whan it is verie hote, put it in a litle Tubbe or barrell, and wette it wyth Vinagre cast vpon it and cause the woman to stand ouer it, to receyue the smoke or parfume of it, and than let her go to bed, for this must be doone at night. Ye shal, after thys, take of the Iuice of Rue, and make a litle rounde balle of Cotton, wherunto ye shall tie a threede: and than dippe the saied balle in the sayd iuice of Rue, and put it into the mouth of the Matrice, the which wil incontinent take the balle, & draw it in, and than it wil returne into his naturall place againe. But you muste binde and tie the balle sure and well, least paraduenture it should remaine within. After this, make an oyntment as followeth, wherwith ye shall anoynte the reynes of her backe. Take an herbe called in Greeke Ciclaminos, of the latins Rapum, Tuber terræ, or Vmbilicus terræ, of the Apotecaries Panis porcinus, of ỹ Frenche men Pain de pore, in Englishe sowes breads and Rue, as muche of one as of the other, and stampe them well: and than seeth it in a pan with olde oyle, vntill ỹ whole be diminished by the thirde part. This doone, let it coole againe, and hauing pressed out all the substaunce, ye shal power it into another new pan, adding to it a litle new ware, & heating it al together, vntill it be wel incorporated: thã annoynte her raines with all, and lay hote Tow vpon it, & than swaddel her as women do yonge infantes. And so she must be layed in her bed, with her belly vpwarde, & her head lower than her buttockes. This must ye do from night to night, three times, & she shal be healed. She muste also eate whote thinges in operation, as Pigeons, & Hennes, with spices and other like thinges. She shall be healed without any greefe, and if she had had it. xxx. yeres.

¶ To

¶ To make a womans milke to come and encreaſe.

TAke the greene leaues of Fenell, and make thereof a decoction, be it in wine or water, wherof ye ſhall geue the woman drinke, as wel at her meales, as other wiſe, as often as may be, and ſhe ſhall be abondant in milke. Furthermore, if the woman haue not or diuarilie her naturall purgation called Floures, this will ſerue her for a good medecine.

¶ A verie goodly ſecrete for the gommes or burgeons that remaine of the great Pockes as well olde as new.

A defenſife is made whē a ſurgiē wil lay anye drawing or healig plaiſter vpō or to a woūd he maketh ſome oynt ment reſtrayntyue becauſe it ſhall not drawe or heale to faſt, & that is called a defenſife.

TAke Bole armenick, Vinagre, and oyle Roſet, and make thereof a defenſife, or oyntment, annoynting the burgeons round aboute. iii. or iiii. fingers large: thā take. ii partes of the oyle of an herbe called Euphorbium, firſt founde out by Juba the kyng of Lybia. Looke Ruellius, Lib. 3. cap. 53. and one parte of oyle Violet: and mixe them together, and annoynt the burgeons with all, hauynge fyrſt well waſhed them with Redde wine, verie hote. And whan you haue thus annoynted them; with the ſayde oyle of Euphorbiū, lay vpon it ſome little bande annoynted with Butter, leauing it ſo three or foure houres, or as longe as you will: than vncouer the Burgeons, and if you finde no bladders, do once agayne as before, vntil you ſe ſome. And than you mate pricke and breake the ſaied bladders, or let them breake of them ſelues: than ye may heale them with ſome healyng oyntment.

¶ Another remedie for the ſame bourgeons of the Pockes.

WAſhe the burgions with Wine, and make the defenſif aboue ſaied: than take. iii. partes of Vnguentum aureum and one parte of Sublimatum, wel broken or beaten: mengle the ſaied Sublimatum with the ſaid oyntment, and lay it with a plaſter vpon the burgeons, leauing it therupon, a day or more, if you can, &

ye

ye shal find the burgeons or buddes, and the flesh fayre and neate, which will seeme to be a miraculous thing, and if it worke not well at the first, ye must renew it againe, twise or thrise, according as the burgeons shalbe hard & olde. Now, whan they be thorowlie dissolued and leused, take Butter wasshed wt Wyne, and lay it vpon a linnen cloth, and put it vpon them, and so shall you heale them perfectlie. Note also that the saied ointment, with the Sublimat, will draw vnto him all the aquosite, and euil humours of the arme or legge, wher vnto it is layde. Wherfore it will not onelye heale the place where you laye it, but will also purge the whole member of al euill humours, that is in it, and therfore there is a verie good water confect and made of it, for to heale scabbes, as we will tell you afterwarde. It healeth also al other accidentes, whereupon you make any outwarde application: and (as we haue sayed) draweth to him selfe al the watrishnes, and humour of the member, wherupon it is layde. Now, whan you wyll lay it vpon the burgeons, or vpon anie corrupte place, weete wel the linnen cloth, and the band that you will binde it withal: weete well also rounde aboute the infect or sore place: for the said medecine, wil draw al the corruption thorow the saied places. And this is a verie worthie and exquisite secrete, for al thinges, so that it be wel vsed, made and applied.

¶ A verie easie and parfite remedie for him that hath anye blow with a swordle, staffe, or stone, or other like thing, yea, though he were greuouslie wounded.

TAke Taxus barbatus, and stampe it, and take the iuice of it: and if the wounde bleede, wipe it, and make it cleane, wasshing it with white wine, or water: than lay of the said iuice vpon the wounde, & the herbe vpon it, of the which you toke the iuice, and than make your binding, and let it be on it a whole daie: and you shall se a wonderfull effecte.

¶ A water to heale all maner of woundes in short space whiche is a thynge that euery man ought alwayes to haue

haue in his houſe,for the accidentes and chaunces that maie fall ſeyng it is eaſye to bee made,and with litle coſt,and that it is of ſo meruelous an operation,

TAke a pounde of newe yelowe ware, or as much as you wyll, and lette it melte vpon a fire in a cleane panne: and then powre it into another panne, or diſhe, wherein muſt bee Malmſey, Vinum Grecum, Muſcadel, or other white wyne that is very good: afterward take it out of the wine and melt it agayne: then powre it agayne vpon the ſayd wine, doing ſo. viii. times. And then take the ſaid ware, and melt it vpon the fire, myrring with it a handfull of bricke finely beaten into duſt: incorporate all well together, and put it into a croke necked viole of glaſſe, which diſtillars, call a Bagpipe, claied about vp to the middes of the necke: & let it diſtill firſt with a litle fier, by the ſpace of. viii. houres: & afterward make your fier greater, & at thende verie greate. But you muſt aboue all thing, cloſe wel the ſydes and ioyntes of the ſaied veſſell, and of the recipient, which muſt be ſomewhat greate. After that ỳ furnaiſe & al the other thinges bee colde agayn, you ſhall take the water out of the recipient, and ſhall powre it into a viol well ſtopped with ware and cyred clothe, ſo that in no cace it maye take vent: neither ſet it in a place where anye heate of the ſonne or fier maye come to it: for it is of ſo fine a ſubſtaunce, that it woulde flie and vaniſhe awaie immediatly. The ſaide lycoure is meruelous good for all kinde of woundes: and ye muſt weate and moiſt the wounde with it, and bynde vpon it a piece of lynen clothe ſteeped in the ſayd water. And amonge all the experientes that hath bene ſene, thys was experimented and proued vpon a ſeruaunt of a noble man called Leonello Pio de Carpe, reſydent in Veniſe, the yere 1548. the whiche ſeruaunte hauinge receyued a ſtroke with a dagger vpon the inſteppe of the foote, whiche is a place verye daungerous, did nothing but laye therto a lytle of the ſayde water, whiche a gentell man of the

ſayd Henyor Leonello had in his houſe: and in the ſpace of two dayes he was ſo healed that ſkante coulde a man perceyue the cicatrice or ſkarre where the cutte was: it is alſo excedynge good for ſhronken ſynowes. And if thys foreſayde water be well and naturallye made or diſtilled the ſeconde time, it is of ſo fine and perſynge ſubſtaunce, that if a man laye of it vpon the palme of his hande, ye ſhall ſee it perſe thorowe incontinent and in a moment, and leaue the place drye as thoughe it had neuer bene layed there. Therefore they that haue any knowledge maye helpe diuers diſeaſes, in addinge to it ſome other licour or pouder, ſuche as they woulde haue perſe into the flesshe.

To make an oyle of Sainct Johns worte, whiche is called in Veniſe, and in diuers other places redde oyle: and is of ſuche vertue that a man can ſkantlye expreſſe it, as well to heale woundes, as other infinite diſeaſes, whereof we wyll ſhewe the moſte notable, and thoſe that haue been founde trewe by experience.

YOu muſte gather in the moneth of Maye and June the Herbe called of the Greekes Hypericon, of the Latynes Perforata, of the Frenche menne Millepertuis, and of vs in Englande Sainct Johns Worte, before it begynne to florifshe or haue flowres: and ſtampe it in a morter of marble, or of wood verye cleane, and putte it ſo ſtamped into a Violle or glaſſe: And then powre to it as muche whyte wyne as wyll couer it all ouer, and adde to it of good oyle Olyue aboute the heyghte of two fyngers, leauynge it ſo in the ſayde glaſſe well ſtopped, and after that ye muſte gather the ſayde Herbe wyth hys Bloſſomes vpon Sainct Johns daye in the mornyng after the Sunne is ryſen, and puttynge the Bloſſomes a parte, ye muſte ſtampe well the Herbe wyth the ſtalkes, and after ye haue cutte it verye ſmall, take it oute of the morter, and ſtampe in the ſame morter alſo a lytle the flowers or Bloſſomes whiche you kepte apart, and myngle them with their Herbe, which was ſtampped before.

But

But the bloſſomes muſt weigh foure times or very nigh as much as all the herbe that ye gathered in the moneth of May, and before ſainct Johns day, and was put in the ſaide violle or glaſſe, with the wyne and oyle Oliue.

You muſte after this mingle all theſe thinges together, and put them in ſome violle or glaſſe, or els in ſome pan of earth verye cleane, with the ſaide wine and oyle oliue, and put to it againe other wine and oyle, vntil al be couered as before: and then ſet all this in the Sonne in ſome veſſel wel ſtopped. And twelue or fiftene daies after when the ſeede of S. Johns wort ſhalbe ripe, you muſt gather of it in the morning after the Sunne is vp: and ſtampe it well and ſo mingle it with the ſaid herbe and bloſſomes: but you muſte put no wine to it, ſauinge onelye the Oyle Oliue. And the ſaide ſeede muſte in quantitie weigh as muche as the fourth or thirde parte of the ſaide herbe before the wine be putte to it: alſo the Oyle muſte bee of ſuche quantitie, as maye bee aboue all the ſubſtaunces a good handfull or two. After this ſet a caudron of water on the fier, with hey or ſtrawe in the bottome: and put the ſayde violle into it ſo that it be not in daunger of breakinge, when the water beginneth to ſeeth.

This maner of ſetting the violles or glaſſes in a caudron of boyling water, is called of our moderne Philoſophers, Balneum Marie, and it is dreſſed and trymmed in this ſorte, as well for to diſtill with a Limbecke, as for to make putrefaction, euaporation or diſſolution: of the whiche thynges we will ſpeake afterwarde, when we comme to the matter of diſtilling. Then muſte you make the water in the ſayde Caudron to ſeeth with the ſubſtaunce which is in it by the ſpace of three or foure houres, according to the quantitie of the ſayde ſubſtaunces, vntyll the wyne or at the leaſt the moſt parte of it be dronke and conſumed, whiche ye ſhall knowe in this maner. Make a lytle of the ſubſtaunce on the ende of a ſticke and caſte it into the fyre, and if it burne without anye noyſe, it is a ſygne that there is no more wyne lefte. The ſayde violle muſt be vncouered whyle the water boyleth, becauſe the wyne maye euapozate and breathe out. And if the ſayde

ſub-

ſubſtaunce be ſo greate in the violle, that it paſſe fyue or ſixe pounde, ye ſhall put to it theſe thinges folowing, accordyng to the weyghte and meaſure that we will ſhewe you, and kepe alwayes good proporcion, accordinge to the quantitie of the weyghte of the water, whiche ſhalbe more or leſſe then fyue pounde. Fyrſt take quicke brimme ſtone, or elles when it is made in long Canes or ſtickes, halfe a pounde, commune whyte ſalte, eyghte vnces, of ground Wormes, a diſhefull well waſhed, firſte in water and then in Honny roſat, or other Honny (ſo that it ſodden and ſkimmed) foure vnces: ten vnces of Turpentine waſhed once or twiſe in well, riuer or conducte water: larde of a Hogge welt ſtampt halfe a pounde: of the iuice of Taxus barbatus, of the iuice of whyte or blacke Dictamum, of eche of them foure vnces, of Saffron three vnces, rootes of Dictamum, rootes of Gentian, the rootes of Imperatoriâ: the rootes of the Herbe called crocodilium or carlina, the rootes of Valerian, and the rootes of Selandine, of eche of them two vnces. And yf the ſayde rootes be greene, you muſte ſtampte them well: yf they be drie, ye muſte beate them into ponder: an vnce of myrrhe, two vnces of redde ware, two vnces of fine Triacle, an vnce of the ſeedes of Cedar tree, three vnces of Iuye ſeede thorowe rype, foure vnces of the ſeede of a Baye tree thorowe rype, fyre vnces of Aqua vite, an vnce of Synamom, halfe an vnce of Lignum Aloe. Let all theſe be well ſtamped, and putte in a violle or vrinall with the ſayde herbe, bloſſomes, and oyle: ye muſte ſtoppe well the ſayde Violle, that the ſubſtaunce haue no maner vent or euaporation. Then make a fier vnder the caudron ſo that the water maye be whotte without ſething, and keepe it ſo the ſpace of two or three dayes: and the longer the better. Yf in caſe the fier go out in the night there is no greate daunger: ye maye make it agayne in the morning, but you muſte keepe it ſo much the longer. Haunynge then taken the violle out of the caudron, and lefte it in the Sunne all the reſt of the Somer, kepe it in your houſe well couered: and the older ſuche Oyle waxeth, the better it will bee. But it ſhalbe good to putte to it euery

it euery yere newe iuice, of the ſaide herbe Sainct Johns woꝛte, and of the bloſſomes and ſeede wel ſtamped, and that the ſayde bloſſomes, herbe oꝛ ſeedes bee ſodden by the ſpace of foure oꝛ fiue houres in oyle Olyue: and then muſte you poꝛze all the Oyle wyth the ſubſtaunce into ſome veſſell, and pꝛeſſe well all the Bloſſomes and the herbe, and caſt them awaye, and putte in other: and yf ye ſhoulde dooe ſo euerye yere the Oyle woulde not bee the woꝛſe but rather better. If all theſe foꝛeſayd thynges can not bee gotten in one ſeaſon oꝛ tyme it is no matter: foꝛ a man maye putte them in as he findeth them: And if ye can not get them all, ye maye putte in them that ye can finde oꝛ get. The vertues of this excellent Oyle are infinite, of the which we wil ſpeake onely of the chiefeſt, and thoſe that haue been pꝛoued by experience, as well of vs as of other in our pꝛeſence, and by our appoyntment and oꝛderinge. Firſt it hath as muche oꝛ moꝛe vertue then the trewe and righte Balme, and it is good foꝛ all colde griefes, as well within as without the bodye: foꝛ the Sciatica and colde goute, in heatinge it and rubbynge the place withall: foꝛ a quartayne, tertian oꝛ quotidian ague, when a man annoynteth the raines of the backe an houre befoꝛe the ague come. Alſo it healeth meruelous well collicam paſsionem, when a man rubbeth oꝛ annoynteth warmelye his breſt oꝛ ſtomacke withall, and when it is put in glifters with other ſubſtaunces, as we wyll declare in the chapter of the Collicke paſſion. And yf ye anoynt the place aboute the pꝛiuie members of a man oꝛ woman, it will make them to vꝛine oꝛ piſſe well. If a woman haue her fruite dead in her wombe takynge thꝛee oꝛ foure dꝛagmes of the ſayde Oyle, ſhe ſhall bee delyuered incontinent. It is lykewiſe good foꝛ all griefes of the breſte oꝛ ſtomacke. It is a thinge aboue all other moſt excellent and miraculous foꝛ the plage, annoynting the raines of the backe, and in dꝛinking two dꝛagmes oꝛ two dꝛagmes and a halfe in good whyte wyne: but note that it muſte bee dꝛonke befoꝛe the ſixte houre after the ſickneſſe is begonne, and rubbe the place of the ſyckenneſſe with it, it beynge heated. It healeth moꝛeouer all ma-

ner

ner vlcers, ſores, boyles, botches, and corrupte matter within the ſkinne couered with a ſkabbe, as well olde as newe, & alſo bruſings, or knocks. And good for other infinite thinges, as euery man may dayly proue by experience. And ſpecially it is very good for the retraction or drawing againe of woundes or ſuch like.

To make an oyle of a redde dogge, by the meane whereof (beſyde other infinite vertues that it hathe) I haue healed a Fryer of Sainct Onofres, who had by the ſpace of twelue yeres, a lame and drye withered arme lyke I ſtycke, ſo that nature gaue it no more nourysshement.

TAke a ponge dogge of redde heare, and keepe him three dayes without meate: and then ſtrangle him with a corde, and let him lie dead a quarter of an houre, and in the meane time boyle a kettell of oyle vpon the fier, and putte the dogge in whole or in pieces, it maketh no matter howe, ſo that he be all there with the ſkynne and heare: & make him ſeeth ſo vntyl he be almoſte ſodden to pieces, keeppng alwayes the kettell cloſe couered. In the meane tyme take Scorpions to the number of foure ſkore or a hundred, and put them in a baſyn on the fyre, vntyll they be thorowly burned. Then putte them in the ſayde kettle with the oyle and the dogge, puttinge to it a good diſhefull of greate grounde Mowes, well waſhed, a good handfull of ſainct Johns Worte, a handefull of wylde or marſhe Mallowes, and a handfull of Walwort, with an vnce of Saffron. Seeth all theſe thinges well together, vntyll the fleſhe of the dogge be broken and fallen in pieces. And becauſe ye muſt haue much oyle, ye may at the firſt putte into the kettle two partes of water, and one parte of oyle: and in ſeething ye maye powre in water, vntill the dogge bee all together broken, as is alreadie ſayde: then let it ware colde. After this ye ſhall take the bones of him and the herbes, and when ye haue preſſed and ſquiſſed them well, that all the ſubſtaunce remaine in the ſayde oyle, caſt them away. This doen, you ſhal take onely that which is aboue vp-

on the water: that is to ſaye, the oyle and the greaſe, and caſt away the water if there be muche: but if there be but a litle, ſo that you can ſkant diſcerne the oyle frō the water, ye ſhall take all together, for a litle water can not be but good. Then ſtrayne it through a ſtrayner or canueſe, firſt weated or ſteeped in whyte wyne: and take then Vnguentum Agrippe ſeuen or eyght vnces, of the mary of the gambon and bones of a Hogge, a pounde, of the mary of the hinder thighes of an Aſſe a pounde, or as muche as you maye gette. Put all theſe thinges together with the ſayde oyle and greaſe: and make it ſeeth vpon the fier: then adde to it a diſhefull or an halfe of oyle roſat: & when it ſetheth, you ſhal put to it thre vnces of Maſtick, two vnces of Gomme Elemi, eyghte vnces of redde Mare: But the Maſticke and the Gomme muſte bee well beaten into pouder and ſifted. And when all this hath boyled by the ſpace of halfe an houre, let it coole againe, and ſette it in the Sonne in ſome kynde of veſſell well couered by the ſpace of certaine dayes. Then ſhall you haue an excellent ſubſtaunce and matter for all kynde of colde infirmities, and for many other. And as I haue alreadie ſaid I haue ſeene the experience of it in a Frier of ſainct Onofrey, that is to ſay: of them that weare an habit of Roan colour: but (as he ſaied) he dwelt not in the moneſterie, becauſe of the ſaide infirmitie of his left arme, whiche was as drie as the braunche of a wythered tree. Moreouer, he ſaide vnto me, that he did not remember nor coulde tell whether that chaunced vnto him, either by ſickeneſſe, or by ſome wounde or hurt. The ſaide arme was become ſmaler then the other almoſte by halfe, ſo that the ſaide arme had almoſte no ſtrength at all, and coulde not helpe it ſelfe in any wiſe. I cauſed him then to bee annointed with the ſaide oyle (whiche I had ſet in the Sonne the Sommer of the yeare 1547.) by the ſpace of .ſi. Miſerere, & made him tary in the Sonne vntill the ſaide oyle was cleane dried vp, and had perced thorowe the ſaide arme: and within .lv. daies, men did perceyue and ſee perfitlye that the vaynes gaue nou-

riſhment

riſhment vnto the membre. Nine daies after the arme was as full of fleſhe as the other: and with the helpe of god, was as whole and ſounde, as though it had neuer bene hurte. This ſaide oyntment or oyle is a precious thing, and good for all cold infirmities, and for ỹ gout: and ſpecially for all contractions or ſhrinkinges together of ſynowes or membres and woundes, albeit, the man were wounded in the middes of the bodye, in putting to it this oyle, ſhall a miraculous thing be ſeene: and it is alſo good for the ſinowes. As I came from Ieruſalem in the yere 1518 in a ſhippe, of the whiche the maiſter was called Peter de chioggia, we were ſet vpon by fiue foyſtes of Pirates, on this ſyde Corphu, & one of the Mariners ſo attainted with the ſtroke of a gone that he had his arme bruſed and broken, and wyth the ſame blowe another hurte in the breſt. The Phiſition would haue cut of the arme. But among other things that I caried about with me, I fonnd a bore of the ſaid oyntment, wherwith I anoynted his arme, and in the ſpace of fiue or ſeuen days, he was healed miraculouſly. I haue made many experiences, aſwell vpõ my ſelf, as vpõ others: and hauing geuen of it vnto diuers men to ayde them ſelues withall, thei haue tolde me that they haue foũd in it a meruelous vertue & operation. If you make this oyle in the time when the herbe of S. Johns wort is founde, ye ſhall put in the herbe, the bloſſome, and the ſeede: but if it be in the time when it can not be foũd, after ye haue made the firſt decoctiõ of the dog, as we haue ſaid, ye ſhal boyle the oyle & the greaſe once again, putting to it the oyle of S. Johns wort, whereof we haue ſpoken afore, or as ye may get it: that is to ſai, half aſmuch as all the oyle and greaſe is. And if ye can not find Biſmallua or wild mallowes, ye may put in ſtede of it, ỹ oyntment called Dialtea, which is found cõmonly at the Apoticaries. And when ye wil boile the dog in the kettle, it ſhalbe good to put to it, three torteſes that liue on the lande and not on the water, and ſo ſhall the ſaid oyntment be very excellent for the goute. A certein man of mine acquaintaunce, of the age of thirtie yeres

bered with the gout, whome I made take of this oyle, and anoynt himself a litle in the place of the griefe, and about it, putting to it two partes of oyle roſat, one part of oyle violet, & two partes of the ſaid oyle of ỹ dogge, told me that he had found a meruellous eaſe and helpe by it. And the ſaid griefe returning againe foure times at ſondrie tymes, yet anoynting himſelfe therewyth thre times (as is afore ſayde) the paine came vnto hym no moore in the ſpace of three yeares that wee were in Rome together, whiche was the yere 1514. And thys man was called Diego, a Portugall, and dwelte at the mount Iordan ſith that tyme, being gone to Veniſe, and from thence into Leuaunt, I haue beard nothynge of hym.

¶ To make an oyntment, the moſt excellent in the worlde, whoſe vertues are infinite, as we will declare afterwarde. Which princes ought to commaunde to be made and kepe in their cõmon wealthes: and that it ſhould be made in the preſence of Phiſitions, as Triacle is made: or at the leaſt euerie man ought to haue it in his houſe, and ſpecially bicauſe a man maye make a greate quantite of it: and the lenger it is kept the better it waxeth.

TAke firſt oyle Roſet, the oyle of Violettes, ỹ Oyle of Neuuphar, oyle of Spick, oyle of the herbe called coſtum, commonly called cocus, or herba marie, the oyle of Bay, oyle of Nutmegges, the oyle of the bloſſomes of Jaſemin, of eche of them a pounde. The oyle of Nutmegges, & of Sinamon, is made in ſeething, Nutmegges, or Sinamon well ſtamped, in oyle Oliue. And in the like maner, ye may make the oyle or decoction of Xilobalſamum, of carpobalſamum, of Lignum Aloe, of Mirrhe, of Frankenſence, of the gũme of Iuie, of Maſtiche, and of Cloues, and it ſhall ſuffiſe onely, to put in the oyle of theſe ſaid ſpices, halfe as muche as eche of the other mounteth vnto, that is to ſay, half a pound. Likewiſe muſt ye make oyle of Campher, but ye muſte not ſeeth it, but onelye warme the oyle Oliue, in a litle pan

and poure it so vpon the Campher a good way of from the fire: than musts you sondaynlie couer it: for the Campher is so fine and delicate, that it would incontinent breath out and vanish away: and therefore bothe the Campher cleane vnto the lidde and sides of the pan bicause it cannot get out. You must put onlye halfe an vnce of Campher, for euery two or three pounde of the whole quantite of the other oyles together: than adde to it, a pounde of the oyle of Turpentine, made by distillation, and three vnces of the oyle of Storar Liquida: after this, put all these oyles so mingled together, into a great cawdron or kettell tinned within, whych must be high and narrow, to the ende that all the thynges, that ye will put in, may afterwarde be well couered, with the saied oyles: And the sayde cawdron, ought to haue a couer that may close him well and tuftly: than set it vpon a small fire, and put in three of these blacke Vipers and venymous, three serpents, three snaks, three litle serpents called aspide, three vipers, iii. Todes. r. of these litle beastes, called in latine Tarantula or Stelliones, which be lyke vnto Lisardes, hauyng spottes on their backes like Starres, and. l. Scorpions. And if ye cã get any other venimous beastes, put them in quicke: if not at ỹ first time, at ỹ least at euery time whã ye can haue them: and after you haue wel couered & closed the cawdron, giue it but a light fire, the space of. v. or. vi. daies. It shal be good to set ỹ sayd cawdron, in maner of a fornaise, as it were to make Salt peter, or as Sope cawdrons be set: than after, by ỹ space of a day, make ỹ fire a litle greater, vntil al ỹ venimous beastes be broken in to pieces, & almost consumed in the said oyle, wherinto it should be good, to haue put first, a pot of good white Wine. Than hauing taken the cawdron from the fire and taken al the sayde beastes, presse them or wringe them hard in some canuesse or linnen cloth, weate with white Wine. Than take the oyle of Saincte Jhons wort, compounde, as we haue before declared, halfe as muche as al the oyle of the sayde beastes, and the third part of the oyle of the redde dogge, mingle all well to-

gether, and put to it the bloſſomes of Selandine, the bloſſomes of Sainct Jhons woꝛte, ſuche a quantite as you wil, puttinge alſo to it, a handefull of white ſalte, the iuice of Taxus barbatus, and of white Dictamum, at your diſcretion: the Juice of Criſpina rubra, yf ye can gette it. This Criſpina rubra, is a herbe lyke vnto a Thiſtle, and is taken of Ioannis Agricola, to be the bꝛyer called Reſpis: but it hath leaues leſſer, and tenderer than a Thiſtle, and is eaten almoſt in euerye place, in Italie, in Salades. And there it is called in ſome places, Cardonello, and in Venice, Sigone. The red Criſpin is in all poinctes like vnto the white and greene, and differeth in nothinge, but in colour: it is a verye pꝛecious herbe. I ſaw once a man, that cleſte a yonge Kiddes head, almoſt a ſunder: and after layde to it, onely the Juice of the ſayde redde Criſpin: and ioyned the head together, and bounde it with a bande: and in two daies the Kidde was healed, as ſounde as he was beforꝛe. Alſo it is very good, in the tyme of a Plage oꝛ peſtilence, as wee will afterwarde declare. Than, yf you can get of the iuice of the ſaied criſpina, oꝛ cardonello, ye ſhal put a pounde of it, wyth the ſaide oyles, and as much of the iuice of carduus benedictus, a pounde of the flouers oꝛ bloſſomes, of the ſayd carduus benedictus, an vnce of Lignum Aloe in pouder, and an vnce of Saffron. Set al theſe thinges well mixed together, in the Sunne, all the whole Sommer tyme, in diuers veſſels of glaſſe, oꝛ of earth leaded within, wel couered with paper oꝛ linen clothe. And keepe it as a pꝛecious thing: whoſe vertues to expꝛeſſe, it is impoſſible. The ſaied oyle is excellent good, pꝛincipallye foꝛ all maner of contractions, and ſhrinkinges of the members, of a mans bodie, and of woundes, as well olde as freſhe, againſt Fiſtules, Cankers, and the diſeaſe called in latin Struma, whiche is a ſwellyng in the thꝛote, of gathered matter and bloud, whiche wee call in Engliſh, the Kinges euil, oꝛ the Quinſes, whan the place of the ſoꝛe is rubbed wyth it, oꝛ when Towe weate in the ſayde oyle is laied vnto it, and beginnyng in the firſt quarter of the wane, oꝛ decreaſynge of the Moone, (wyth the

grace

grace of God) the sayd accidentes, shalbe healed before the new Moone. Also the saied oyle, is good against all maner of venim or Poyson beyng annointed about the hart, if the Poison be taken at the mouth: and if a man be bitten with any venimous beast, or hurte with anie intoxicated weapon, ye must wryng wel the bloud out of the wounde: and than rubbe the place, and round aboute it with the saied oyle. It is also good for anie mēber that is stiffe, and nomme, and almost for all diseases that can chaunce vnto mans bodie, wherunto anie outward application is made of it.

¶ A verye true and proued remedie, agaynst a Quartaine ague.

YE must first of al, couer the patient, wel in his bed, about halfe an houre, before his fitte come, and set some coles or embers, besyde his bed: than let him take and drinke, a glasse ful of Muscadell or Vinū grecum or Malmsey, with as muche pouder of Assarabac, as will lie vpon two crownes of gold, or a litle more: and the wyne must be hote, or luke warme, and ẏ pacient well couered in his bedde, for to make hym sweate: and the more he shalbe moued to vomite, the better it is, for it is a signe of good operation. Also the said patient, must endure the sweate, as muche as he may, & wipe himself with some linnen cloth, and after his fit is past, he may keepe his bed, or rise if he will. Than you muste take Sage, Rue, and the herbe called in Latin Bursa pastoris, as much of the one, as the other, and stampe them well together, and water them with white vinaygre, verye stronge: & so binde it to his poulse or wrest of his arme beneth the ioynte of the hand, leauing it so by the space of a daye, and the morow after, take it awaye. Whan the fitte commeth agayne, ye shall take likewise of the sayd greene herbes, arowsed wyth vinaigre, as before, and binde them to his arme, and take againe of the pouder of Assarabac, keeping ẏ patient in his bed, as we haue saied, vntill he sweat lustelie.

And thus muſt he do. iii. times, and with the helpe of God, he ſhalbe thoꝛowlie healed. There be many, that haue bene healed, at the ſeconde time, and other ſome, at the firſt. This way is the eaſieſt to do in the woꝛlde, foꝛ ſuch a ſickeneſſe, and is no leſſe good foꝛ a Tertian. Some haue not taken the pouder in at the mouthe: but haue vſed onelie, the remedie vpon the arme, without keepyng their bedde, and walking vp and down, haue founde them ſelues healed. Other haue ben healed, by takyng onlie, the pouder with the Wyne, not vſynge the ſayd herbes at all.

¶ To heale wartes, a ſecrete verie excellent, and eaſye to be done proued and experimented vpon diuers perſons.

TAKE a crolwne of Gold, oꝛ a gold ryng wythoute a ſtone, oꝛ els ſome other peece of gold, and heate it glowing hote in the fire, than ſcare the wartes wyth it. And yf you haue no golde, do it wyth ſome peece of hote yꝛon, oꝛ cole of fyꝛe, and leaue it ſo a lytle while, waſchyng thē after with ſtrong lye. Do thys thꝛee times in one daie, oꝛ in manye. Than take a Radiſh (ſuche as men eate rawe) ſome what greate, and make a hole in it, as greate as you maye, the which ye ſhall fill with common ſalt, well beaten into pouder, and ſo cloſe vp the hole, with the peece that ye toke of, and put the Radiſh ſo in a diſhe, the ſpace of a night: in the moꝛning ye ſhal find that the water of ẏ radiſh ſhal be aboute in the diſhe, wherwith, you ſhal waſhe often times in a daie, the ſaied Wartes, puttynge vpon them ſome cotten oꝛ wol, oꝛ ſome linnen cloth, weate wyth the ſaied water: Than ſhall you ſe, that within twoo dayes, the Wartes ſhall fall of, oꝛ at the leaſt eaſye to be plucked of. Thys done, annoynt the place with an oyntment, called Vnguentum aureum, oꝛ waſhe them with the ſame water. If you haue no greate Radiſh, ye maie make the ſaied water of litle Radiſhes, cutte in ſmale

peeces

peeces, laied in order, or rankes in a dishe, a ranke of Salt, and another of Radishes, and you shall finde the foresaied water. This water is also meruelous good for deffencse, as we will tell you afterwarde, more at large.

¶ A verie profitable and easye remedy to be made against pluresyes, which in two daies healed a Smith, that was almost dead, and had not slept in two nightes.

TAke an Apple, whiche is called in Italian Melo appio, in Latin Malum appianum, and is yelow, and smelleth verie wel: if you can not get suche one, take Pome rials, or els some other Apple, like vnto it, of the delicatest, that men commonlie eate: make in it a hole, taking awaie some part of it within, so that the hole passe not thorow. Put into ỳ hole iii. or iiii. graynes of Frankensence, of the male kynde otherwise called Olibanum: than couer againe the saied hole, with the litle peece that you toke of firste, & roste it so vpon the embers, so that it burne not, but that it may ware tender. Than take it from the fire, and breake it into. iiii. partes, with al the Frankensence in it: and so giue it the patient to eate, it wil by and by, make ỳ Apostume to breake, & heale him cleane. The foresaied Smith, had al readie shutte his teeth, so that men were fayne to open them with a spoone or knife: and so they put of it into his mouthe, as wel as they coulde, and straight way he tourned with his breast, vpon the beddes side, and spitte out a great part of ỳ matter, that was come forth of the Apostume broken: and therupon slept more than. ir. houres, & whan he waked, he called for meate, & found him self thorowlie whole, which was a thyng worthy to giue God thankes for. Melo appio I take to be a pomeroyall.

¶ Another secret, or remedie, against the saied disease of the Pleuresye.

Take

TAke the flower, that sticketh on the bourdes & walles of a Mille, and make therof paste with water: and so make litle cakes, of the bignesse of a grote, or somewhat more, and hauing baked or fried them, in an yron ladle, or in a fryng pan, with the oyle of Scorpions, lay one of them so vpon the place, where the patient feeleth his greef, and that as hote as he may endure, rubbynge, and annoyntyng it with the saied oyle of Scorpions: and whā one of the cakes is almost colde. Lay to another very hote, & heate the first againe in the saied oile, and so consequentlie take awaie one, and put to another. x. or xv. times, and shortly after the Apostume shal breake, and in spitting the matter oute, the patient (with Gods ayde) shal be healed.

¶Another good secret agaynst the same disease.

OPen a white lose new baked, in the middle, and spread it well with good Triacle, on bothe the halfes, on the crommie side, and heate it at the fyre: than laie one of the halfes, vpon the place of the disease, and the other halfe on the tother side of his body directly: & so binde them, that they sturre not, leauinge them so a daie & a night, or vntil the Apostume breake: which I haue somtime seen doen, in. ii. houres or lesse. And than take awaye the breade, and immediatlye the patient wil begyn to spit, and voide the putrifaction of the Apostume, & after he hath slept a litle, ye shal giue him some meate, and with the helpe of God, he shall be shortlie healed.

¶Another remedie against the same disease.

TAke a toothe of a wilde Bore: and if ỳ payne holde him in the right syde, ye must take the tooth of ỳ right iawe: if otherwise ye must take the left tooth yet not withstanding, it hath been founde by experience to be all one of which iawe so euer it were. Scrape the saied tooth with a knife, vpon a cleane table, or vpon a paper:

paper: thã take of the same scrappyngs, as much as you maie laye vpõ two grotes, and giue the patient drinke of it, with a litle Barley water or pectorall water or in the brothe of redde Cicher peason, or w̃ white Wine with a lytle water. Thys hath alwayes bene founde very good and true.

¶ To make a water good for the breast or stomake, of the which men vse to giue them drinke, that be tourmented or greeued with the stitche in the side, or pleuritike Apostumes the which water is of a very good sauour, and mondificth meruelous wel the breast or stomacke.

YOV shall take the rootes of the herbe whiche the Apoticaries cal Bismalua, or Maluauiscus in English wilde or marshe Mallow, and scrape from thẽ cleane their skinne or barke, and take awaye the harde substaunce, that is within them: than cut them in smal peeces, and after you haue stamped them well, take halfe a pounde of them, and seeth it in a great panne, with these thinges folowing.

Honnie roset, or rawe Honnie, halfe a pound, Barley husked or excoriated, a pound and a half, of the fruite called of the Apoticaries Iuiuba. iiii. vnces, drie Figges, iii vnces, pressed Raisins, or other Raisins (which must haue their litle kurnels within, taken awaie) iii, vnces of the herbe Scabiqus, wyth the rootes well mundified ii. pounde, iii. Appels called Appiana mala (whiche is a kinde of Appels, as great as Quinces, hauinge as great a sauour, as they, & of collour redde, or pippins) or some such sweete and delicate Appels, that men vse to eate, cut in small peeces, of Frankensence the male kynde, called Olibanum an vnce, and yf you may haue Carduus benedictus drie or greene, ye shall putte in a litle handfull. Than seeth al this, vntill it be broken in peeces: and hauyng so sodden it, poure out the iuice of it, & presse or wrynge the herbes and the Barley a litle: and giue the patient drinke therof, as well at his meales, as otherwise, and at night, before he go to bedde: the more he drinketh of it,

it, the better he ſhalbe: ſo that he drinke by lytle and lytle, becauſe it maie not deſcend with to much violence. A man may vſe this water, whether he vſe the ſaied remedies or not: for of it ſelf, it clenſeth the breaſt and ſtomacke, ripeth and cauſeth the Apoſtume to breake: alſo a man muſt vſe it, a daie or two, after the Apoſtume be broken, and voyded, to the ende to mundifie and clenſe the breaſt and ſtomacke the better. The ſaied water, is alſo meruelous good, for al maner of coughhes, and all other paines in the breaſt & ſtomacke. This water was giuen me at Bolonia, the yeare. 1543. of a gentylman, called Girolamo Ruſſelli, with the whiche, the ſame yeare, he was healed of the ſame diſeaſe, in a ſhort ſpace without letting bloud, or vſing any other medecine, but onlie this water.

¶ Agaynſt all diſeaſes of the mouth, palate, throte, and gummes, or iawes.

TAKE Oliue leaues, and ſtampe them with Plantayne water, preſſe them, and wrynge oute as muche Iuice of them, as you can

The whyche Iuice onely I ſome tyme vſed my ſelfe, and alſo gaue of it vnto others, againſt all dyſeaſes of the mouthe, and haue founde it alwayes, to be of a meruelous vertue. But yf the greef or dolour of the palate, or mouthe, were ſo greate, that there were anie corrupte fleſh that augmented, and eate alwaies more and more: than I gaue them, halfe a glaſſe full of the ſaid iuice of Oliue leaues, half a glaſſe full of Roſe water, or ſomewhat leſſe, an vnce of Honnie Roſet, of the inſide of Caſſia, the quantite of a beane, Alam of the Rocke burned, two dragmes, the Lies of wine, the. viii parte of an vnce, fine or courſe Suger, halfe an vnce, Plantayn water an vnce, of the decoction of Biſmalua, or Maluauiſcus, a glaſſe full. All the whiche thynges, I let ſeeth faire and ſoftlie, by the ſpace of two Pater noſter: than I let it coole againe, and cauſed the patiente, to gargell and waſhe his throte often times in a daye. It is a thyng, that hath not his like: but ſometime, when the

the diſeaſe was extreme, I cauſed to be put to it, a quarter of an vnce of Spaniſhe greene. The ſayde water is alſo meruelous good to heale all euill cankerous accidentes, about the priuie membres.

For all woundes and ſoores of the legges bee they recent or old, although the legges were couered ouer wyth them, and eaten vnto the bone.

TAke Agrimonie, and boyle it in whyte wyne, and after hauing ſtamped it, adde to it as muche of the leaues of an Oliue tree ſtamped lykewiſe, a fewe drie roſes, lette all this ſeeth together, by the ſpace of two Miſerere: and then waſhe the legge well (that is to ſaye the wounde, and rounde aboute the wounde) with the ſayde wyne luke warme. Then take theſe pouders folowing, that is to ſaye Ariſtolochia, bothe of long and rounde Maſticke, Myrre, Dragons blood, called in Engliſh Pellytory of Spaine, Aloe Epaticũ, Nyll called in Latin Tutia, the barke or ryne of Gourdes burned, of eche of theſe an vnce, Mummia, or as ſome call it Humia, and Boale armoniacke, of eche of them a quarter of an vnce well ſtamped and ſtrained, lay all vpon the ſaide griefe: then take the herbes boyled in wine as is aforeſayde, and binde them vpon the wounde with a bande in chaunging it twiſe a daye, or at the leaſt once, and you ſhall ſee the legge healed in fewe dayes.

To heale ſwollen knees or legges, redde and full of humours: a ſecrete meruelous good, eaſye to bee made, and of lytle charge, and oftentymes proued.

YE ſhal take the ſkinne of a dogge, if you may get it: or if not, take a whyte lambes ſkinne, or elles the ſkinne of a kidde, and cutte a piece of it as broade as the palme of youre hande, or more, and another piece of the length of your hande, or ſomewhat more: then melte in a pan on the fyre theſe things folowing:

roſen

roſen of a Pine tree two pounde, Galbanum. v. vnces, Maſticke an vnce, Muſke, Amber, Cyuet of eche of them fyue caretts, or as muche as you wyl, and breake the Maſticke betwene two papers: then put the roſen and the Galbanum to melte in a panne with a ſmalle fier, and when it is well melted, ye ſhall putte the maſticke to it, and ſturre them well with a lytle ſtycke, to the entent that nothing burne. After this lay it abrode whote as it is, vppon the ſayde ſkynne halfe a fynger thicke. Then take twelue or fiftene of theſe lytle beaſtes called Monkes peaſon or ſowes (whereof is founde a greate quantitie vnder ſtones in moyſte places) and ſtampe them in a morter, w̄ a lytle Barrowes greaſe: make thereof an vnction or oyntment to laye vpon the ſaide plaiſter of the ſkinne, heatyng the ſayd ſkinne at the fier, and laye it vnder the knee, or vnder the calfe of the legge, harde bounde, and leaue it ſo two or three dayes: but if the legge be hearie, ye muſt ſhaue the hear awaye with a raſour, for the plaiſter woulde els cleaue to it, when you take it of agayn, if you find that it hath made litle bladders, perce them, and wipe them cleane. This doen, waſhe them with the wine, wherin the decoction of the Agrimoyne, the Olyue leaues, the Roſes, and plantaine was made: and ſo wype and drie theym againe. Make cleane alſo the ſaide plaiſter remouynge and ſturryng a lytle the oyntment: and after hauynge heated it againe by the fyre, lay it againe vpon the leg. Doe thus euery thirde or fourth day, and you ſhall ſee that the plaiſter ſhall haue drawen vnto it ſelfe in a ſmall time a great aquoſitie of the legge, and ſhal haue taken awaye the redneſſe, inflamation, and ſwelling. And if there bee a wounde, you ſhall heale it, as we haue aboue ſayde.

¶ A verye ſure and perfect remedie agaynſt a Sciatica, often tymes proued and experimented in diuers partes of the worlde.

Fyrſte

Fyrste make this confection that foloweth. Take three pounde of rawe Honnye, and put it in a pan with two glasses full of water, and make it seeth or boyle together, vntyll you see the skumme or frothe mounte vp, the whiche you muste take awaye. Then take the rootes of the Herbe called in Latine Acorus and in Englyshe Galingale, of the Herbe called yelowe Gladen, make them cleane, cutte them in small pieces, and stampe them well. Take of these Herbes one pounde for ẏ sayd three poundes of Honny, & putte them by lytle & litle into the sayd panne, alwayes sturryng them a lytle lettyng them so boyle by the space of a good houre.

Then put to it also an vnce of fine Synamom wel beaten into pouder, take it so from the fier, and kepe it in the same panne, or in some other vessell. Giue vnto the pacient of this conserue at night when he goth to bed, aboute foure or fiue sponefulles, and in the morning earely as much or more. Giue him also thereof before his meales and after: the oftner he eateth of it the better he shalbe. If it be in winter, heate it for him a litle: and while he thus vseth it, let him always sit vpon his buttockes, that is to say: vpon the bone or huckle wher the Sciatica is, with the plaister declared in ẏ chapter before, that is to say of ẏ Rosen, Galbanũ, Mastick, the litle beastes called Monkes peason or sowes, with the rest there mencioned. Then at the ende of ten dayes take it of, and laye it other ten dayes vpon his thigh. And from thence take it againe making it cleane, mixing and sturring it a newe, and laye it vnder the calfe of the legge tenne dayes more: and euerye tyme you shal see that it wyl haue engendred lytle puffes or bladers, and drawen to it self al the aquositie and watrishnes in suche sorte, that it wyll take awaye the griefe and heale it. This is a verye rare secrete against suche a disease, which verye fewe Phisitions could hitherto fynde certayne remedye for. If in case the disease bee olde or hath runne longe, geue the pacient sometyme this glister folowyng. Take Mallowes, Mercury, Fenell,

nell grene or drie, Wormewod, Rue, wylde Cucumbers broken, as muche of the one as of the other: than put to it two handfulles of braune, ſeeth al in common water, vntill the thirde parte bee deminiſhed: and ſo let it coole againe. After this take a diſhe and a halfe full of this decoction, three ſponefulles of ſkymmed Honnye, oyle of Camemille, and oyle of Rue, of eche of them an vnce and a halfe: mingle all well together, and make a gliſter of, whiche you ſhall miniſter vnto the pacient in the morninge: and ſo make hym lye vpon that ſyde where the Sciatica is. Two daies after ye ſhall giue him another gliſter, after three dayes another: and than foure dayes after yet another, continuyng ſo a moneth together. If the griefe be ſo indurate and hardened that it will not be healed by the aforeſaid remedies, you maye giue him Pilles the thyrde daye after, the fourth day, the fyfte daye, and ſo vnto fire or ſeuen times. But the Pilles will profit the Pacient nothing at all vnleſſe he abſtayne from eating ſalte or ſharpe meates, and from all ſortes of puiſe corne, as Peaſe, Beanes, Tares, and Fitches, and ſuche other: Likewiſe from drinkyng water or white wyne. Many haue been healed onely with the ſaide plaiſter, not leauyng to dooe their buſineſſe abrode notwithſtanding: other haue alſo vſed the conſerue. But in ſo manye yeres I haue had but two vpon whome (for to take awaye the diſeaſe being olde and farre goen) I was conſtrained to vſe the ſaide Pilles and Gliſters, whereby they were healed. I had alſo one whiche vſed but only the plaſter and the conſerue, of whom the huckle bone was out of ioint, and hardened, and with the ſaied remedie he was perfitly healed in the ſpace of three ſkore and tenne dayes, and the ſaide bone retourned againe into his former place and ſtate: but he tolde me that whileſt he vſed the ſaid plaiſter and conſerue, a Nonne counſeyled him to take from daye to daye, foure tymes the bigneſſe of a nutte of Turpentine waſhed in Borrage water, and that he ſhould not tell me of it, whereby he found him ſelf healed in ſhort time.

A water

¶A water for to heale in fiue daies at the moſt, al maner of great ſkabbes, as well inwarde as outwarde: and is a water cleare and white, and is of an odoriferous ſauour, ſuch as a man may preſent to a Queene.

TAke Plantaine water two glaſſefulles, Roſe water a glaſſefull, of the water of the floures of Cytrons or Orenges halfe a glaſſe full, or leſſe: put all thys together in a cleane panne or violle of glaſſe: and put to it an vnce of Sublyme, that is to ſay: quicke ſiluer, ſuch as commonly is founde at the Apoticaries: it muſte bee well beaten to pouder. Then let it boyle faire and ſoftly the ſpace of a quarter of an houre: and hauing taken it from the fier let it coole, then put it in ſome violle: waſhe the ſkabbie place withall at night, and then let theym dry te againe of theym ſelues, and let them alone ſo the nexte day without waſhing them, and then waſhe them againe the thirde days, but not the fourth. At the firſte and ſeconde time that you waſhe them, it will make all the ſkabbes within the bodie to breake out: and at the thirde time ye ſhall ſo drie it vp, that you ſhal finde all nete and cleane, bothe without and wythin. There is no remedye in the worlde more noble then this, nor eaſier to bee made: and forſakinge al maner of ſtinking oyntmentes, bathes, or thynges that men take at the mouthe. Thys water maketh a mannes fleſhe white. And ſetinge it draweth out ſo all the euill, ſalt, and corrupt humours, as well within as without the bodie, it is an eaſie thing to beleue, that it is verie good for the Pockes, the Goute, and manye other infirmities, accordinge to the iudgement of hym that wil putte it in effecte, and namelye, becauſe that the ſaide Sublimat is verie good for to eate awaye all the corrupte and dead fleſhe, and to heale all woundes thought incurable, as we wyl ſhewe you hereafter.

¶Againſt the diſeaſe or griefe of the ſlanckes and the Colicke paſsion, experimented and proued diuers tymes.

BEcauſe it ſeemeth alwayes that with the paine of the ſyde, is alwayes ioyned the griefe of the raines, or the ſtone, it ſhall bee good to vſe theſe two remedies preſeruatiues, very eaſie to be made of euerye man of what condicion or eſtate he be.

The firſt is to haue alwayes in his houſe kernelles of Peches, and to eate of them euery daye fyue or ſixe before dynner and ſupper, with ſalte and breade, the which beſyde that they preſerue a man from the paine of the ſyde, thei kepe him alſo from being dronke, and that the wine hurt not hys braine or heade: they cauſe to haue a good appetite, they confort the ſtomacke, and the breſt, and driue out of the body, lykewiſe all maner of wormes: The other preſeruatiue is, to eate often in Sallades Mugworte or Motherworte, or elles in your pottage. Many in Italy in ſteede of Mugwort take the herbe called of the Apoticaries Matricaria, in Engliſhe ſoote Maiorame or Maiorame gentle, whiche is of a ſauour verye bitter: but it is not the ſame that I meane. But the Mugworte or Motherworte that I ſpeake of, is an herbe that hath leaues lyke vnto Perſeley: but muche longer, and hath a ſtalke in the middes, that is harde, and is of the colour of a darke Greene aboue, whyte vnderneath. And in manye places men call it herbe S. Johñ, that menne and women weare aboute them on Midſomer euen. This herbe hathe no ſauour at all neither ſwete nor bitter, ſo that in chewing it is rather found ſweete then bitter, hauing ſomewhat the ſauour of Mallowes, and therfore it is good to be eaten in Sallates, in Pottage, or otherwyſe. If you can not get him alwayes greene, ye maye keepe him drie, or in pouder, or diſtilled: and the more you vſe of it, the better it is. Beſyde that it preſerueth one from the payne of the ſyde, of the raines, and from the ſtone: it is alſo good agaynſte all the diſeaſes of the body. Nowe when any man ſhall feele hym ſelfe ſycke of the ſayde payne of the ſyde, it ſhalbe good to vſe Glifters, and principallye of this followynge.

Take the dunge of a blacke Aſſe, yf you can gette it:

if

if not, let it be of a whyte Alle: and the dunge muste be freshe and newe, the whiche you shall seeth or boyle in whyte wyne, putting to it a handful of Annis, a lytle oyle of Camomille, a litle oyle of Capers, with a handful of Bran: let all boyle together, by the space of one Miserere, or a litle longer: than, take it from the fire, and presse the substaunce out, whiche shall remaine in the wine, wherof you shal make a Glister, for the sicke man as hote as he may endure it, and let him kepe it in his bodie, as long as he may, and he shall finde it very excellent.

Another remedye agaynst the same disease.

TAke halfe a glasse or lesse, of the iuice of Barberies, when they be verye redde, and rype, and put into it as muche redde Corall, well beaten in pouder, as will lye upon two grotes, and giue the pacient to drinke therof.

Another perfect remedy against the same disease, and to make a man pysse that hath bene thre or foure dayes wythout making water, and that in the space of halfe an houre, and will breake the stone within. x. or. xii. dayes.

TAke fyne pouder of Virga aurea, and put a sponefull of it, into a newe layed Egge, soft rosse, and giue the pacient drinke thereof, in the morning at hys breakefaste, and let him not eate at the least in foure houres after, and then shal he make water in lesse than halfe an houre. If ye use this continually, the space of x. or. xii. dayes as is aforesayde, ye shall make him pisse out the stone without any paine or griefe.

Another remedy agaynst the stone and payne of the raynes.

TAke the seedes of blew Violettes, or march Violettes, the seedes of common Burres, with their litle poddes and all, or ripe Burres a pounde, put them to drie in an Ouen (for otherwise it wyl be a hard

thyng to ſtampe them) ſtamping them afterward with their ſeedes. This done take a quicke Hare, and ſtrangle him with a corde, to thentent there be none of the blood loſt: put him ſo whole, or in pieces into ſome veſſel, feete, guttes, head and all: then put him to burne in an Ouen, ſo that all, as wel the bones, and the ſkinne, as the fleſhe be brought to pouder, this done, ye ſhall ſtampe it well and mingle the pouder with the twoo other pouders aforeſaied: drie Oken leaues, wel beaten to pouder. iiii. vnces, drie Saxifrage or Sampire, halfe a pounde, Baye berries. v. vnces. Let al theſe thinges be wel beaten in pouder ſifted and mixte together.

Giue of this pouder vnto the patient, as much as wyll lye vpon a grote, makinge him to drinke it in the morning to his breakefaſt in whyte wyne, and let him doo this often tymes. It is the moſte exquiſite thing in the world, as well for the grauell, as for the ſtone: but for the grauell you muſte take leſſe, and not ſo ofte as for the ſtone.

The laſt and the moſte excellent remedye of all agaynſt the ſtone, be it in the raynes, or in the bladder, of what qualitie or quantie, ſoeuer it be.

IN the moneth of Maye, when Oxen go to graſſe, or bee at paſture, ye ſhall take of theyr dunge, not to freſhe, nor to drie: than diſtille it faire and ſoftly (to the ende it ſmell not of the ſmoke) into ſome veſſell of glaſſe, or yearth leaded within, of the which dunge wyll comme a water, without ſauour or euyll ſtenche, which wil be very good, to take of al maner of ſpottes, or blemiſhes in the face, yf you waſhe it, with it, morninge and euenynge.

You ſhall keepe the ſayde water in a Violle well ſtopped: then take three or foure Radiſhes, ſuche as menne eate in ſalettes, cut them ſmal, and put them in a violle and fill vp the violle with wine greke, or good Malmſey, or other good white wine, letting it ſtand ſo in the Sunne, and in the ayre a daye and a night. Than take one parte of that wine, two partes of the ſayde water,

of

of the Ordunge, halfe a parte of the water of Strawberies. iii. oz. iiii. dzoppes of the iuice of Limons, oz Citrons: and let there be of all these waters, so pzopoztioned together, halfe a glasse ful, oz some what moze, into the which, you shall putte a peece of Suger, oz a litle Honnie roset: foz the one and the other, serue as wel to the sauour, as to the pzofyte of the substaunce. After this, you shal put to it some of the pouder mentioned in the Chapiter befoze, as much, as will lie vpon a grote, and than giue the patient dzinke of it, and shoztly after you shall se a wonderfull effect: foz many, vnto whoms I haue giuen of it, haue not tarried half an howeer, but they haue pissed, in the whiche pisse, they haue founde so many litle stones, that all together, came to the bignesse of a Walnutte, and of others, vnto the quantite of a hasel Nutte: in vsinge often the saied remedie, they haue finally bene perfectly healed. I caused once a gentilman of Millan, to take of it by the space of. xii. daies whome the Phisitions estemed as dead, & would haue cut him, but in the space of the saied. xii. daies, I made come out of him so many stones, that al together came to the quantite of an Egge, I made him make his water thozow a linnen cloth, laied ouer an Urinall, to the intente, to take vp the stones together: and the thirde moznynge, he wouldo take the glasse, a lytle moze than halfe full, and shoztlie after, deing about to make water, he began to crie out, foz the great paine he felte in his yarde: after this paine was passe, lookyng in the linnen cloth, he founde a stone as longe and as bigge, as a Bene, somwhat pointed at one of the sides, which paraduenture, in passing thozow his yard, caused him to haue all that payne. Now, although that manye, as wel of olde time, as now of late daies, haue wzitten diuers and sondzy remedies, against the saied diseals, yet was there neuer found a surer, truer, oz pzesenter remedie, than this. The saied water and the pouder, may be kept longe, but you must at euerie time renew the wine of the saied Radish, and the iuice of the Limon oz Citron, foz in the space of two daies (the wine chiefly)

glueth ſuch a ſent, that a man may ſkant endure it.

¶ For him that ſpitteth bloud, by hauing ſome veyne of his breaſt broken.

TAke Myſe dunge, beaten in poudet, as muche, as will lie vpon a grote, and put it into halfe a glaſſe full, of the iuice of Plantain, wyth a lytle Suger, and ſo giue the patient drinke therof, in the mornynge before his breakefaſt, and at night before he go to bed. Continuing this ſame, you ſhall make him whole and ſounde.

Agaynſt the greefe in the Lunges, and ſpittinge of bloud, a thyng xperimented.

TAke an herbe called Farfara, or Tuſſilago, of the Apoticaries Vngula caballina, Coltes foote in Engliſh, the Frenche men call it, pate delion. Incorporate it wel, with the larde of a Hogge, chopped, and a new laied Egge: boyle all together in a panne: and gyue the patient of it to eate, doyng this. ix. morninges, and you ſhall ſe a meruelous thyng. This is alſo very good, to make a man fatte.

¶ Againſt the paine of the ſlankes, of the reynes, and all other greefes.

TAke three quarters of an vnce of Storax liquida, Capons greaſe, or Hennes greaſe, the greaſe of a Gooſe, the greaſe of a Ducke, of eche of theim. v. dragmes, of oyle roſet. iiii. dragmes, of redde Wax. ii. dragmes and a halfe, of Butter half a dragme: melt the greaſes, the oyle, and the Butter altogether, powre them together, and mingle them. Than hauyng put to it the Storax, ſpredde it vpon a lynnen cloth, and ſo laie it hote vpon the place of the greefe, and you ſhal incontinent ſe him whole.

¶ Againſt the ſtinkinge of the breath.

TAke Rosemarie leaues, with the blossomes, if you can get them, and seeth them in white wine, with a litle Myrrhe, Sinamom, and Vengewin: and taking of the saied wine often times in your mouth, you shall finde a maruelous effect.

¶ Agaynst the bytyng of a madde dogge, and the rage or madnesse that followeth the man after he is bitten.

TAke the blossomes or flowers of wilde Thistels, dried in the shadow, and beaten into pouder, gyue him drinke of the same pouder, in whyte Wyne halfe a Walnut shell full, and in thrise takynge it, he shall be healed: A thyng founde true by experience.

℞. To take a waye the dead flesh, that commeth or groweth in the nose.

TAke the iuice of Leekes, that haue not bene twise planted, and adde to it a litle greene wax, and make an oyntement therof, puttyng to it a litle of ỹ fine pouder of the leese of wine, and put often times of this oyntement in the nose of the patient, and you shall se a meruelous thyng.

¶ For one, which (with falling from some high place) feareth to haue some thinges broken in his body.

TAke halfe a glassefull of oyle Olive: and put into it, pouder of the seede of Cresses, the quantitye of halfe a Walnut shelfull, than giue it the patient to drinke, at once, or at twise. It shalbe good to let hym bloud, immediatlie after he is fallen, or as soone as is possible, and as soone as he is let bloud, giue him thys drinke. And he that cannot drinke the oile, let him take the pouder with wine. If you cannot get the seedes of Cresses, giue him of the pouder of Vene, of the whyche there is alwayes inough found at ỹ Apoticaries: if he be brused or hurt outwardlie, annoynt the sore place with oyle Roset, and than lay vpon it, the leaues of Mymis, and of dried Roses, and so shal you heale him parfitlie.

¶ A verie good easie remedie, against the disease, called the Kinges euill.

TAKE the herbe called Farfara, Fols foote in Engliſh, wel ſtamped with his rootes, and beyng mingled with the flower of the ſeede of Line or Flare, and the greaſe of a barrow: make therof a plaiſter, and laye it vpon the ſore, changyng it twiſe a daie, and all the ſores of the diſeaſe, ſhall bee reſolued into ſweate. After thei be healed, waſhe often the place wyth white wine, by the ſpace of. x. or. xv. daies.

¶ Another remedie againſt the ſame diſeaſe.

TAke the ſtones of a horſe, and put them in a Fier pan, among the embers and coles, leauinge them there, vntyll they may be beaten into pouder, than giue the patiente drinke of the ſaied pouder, in white wyne, the quantite of two pennie weight, continuyng this the ſpace of. xxi. daies: by this meanes you ſhall make him caſt out at his mouth, all the ordure and filth of the euill, and ſhal heale him thoroughly.

¶ To know whether a woman, ſhall euer conceiue or not.

Coagulum Leporinũ de la preſſure de lieure.

TAke of a Hare, and hauyng frayed and conſumed it, in hote water, giue it the woman to drinke, in the morning at her breakfaſt, than let her ſtande in a hote bathe: and if there come a greefe or payne in her bellie, ſhe maie conceiue: if not, ſhe ſhall neuer conceyue.

¶ A verie rare remedie for to take the kernels out of a mannes throte, in fiftie daies at the furtheſt.

TAke the rootes of Walwort, well waſhed, and boyled in white wine, and take alſo theſe thynges folowyng: Sponge burned halfe a pound, & two hundred cornes of Peper. All theſe thynges being well beaten into pouder, boyle them, in the ſaied wine with the Walwort rootes: and hauinge ſodden them wel, poure out ỹ wine, and kepe it in a viol wel ſtopped in ſome moyſt place, than giue the patient of this wine to drinke, three times a day, at euerie time a glaſſeful, that is to ſay, morning, none, and night.

And

And while he vseth this, he muſt eate no other breade but Barley breade, and drinke his wyne without water. He muſt alſo abſtaine from eatyng any maner herbes, Fyſh, Garlick, Beetes, or other ſuche lyke. Thys maner of regiment, ought a man to begyn, at the full moone, continuyng vntil the ende of the ſame, and after vntil the quarter encreaſynge, of the nexte Moone: that is to ſay. xlb. daies, and without doubt the patient ſhal be healed.

¶ Another remedie, eaſier to be made.

TAKE drye Camomill redact into pouder, and mengled with Honnie, then take in the morning a ſponefull of it, into your mouth, and as much at night, lettyng it go downe of it ſelfe: vſe this continually, vntyll you be healed, vſe good gouernement as is afore ſayde.

☞ A thinge proued, and experimented, to be verie true againſt the ſame diſeaſe.

TAke Polipodium (which is an herbe, like vnto Ferne) growyng vpon the ſtumpe or ſtocke of a Cheſtnut tree, if you can get of it: yf not, take of the other, and beate it into pouder, giue the patient drinke therof, with wine or Honnie, twyſe a day, at eche time, as muche as will lie vpon a grote: continue this, by the ſpace of. xxi. daies beginning at the quarter decreaſyng of the Moone, and keeping alwaies good diet, as is aboue ſaid, he ſhall be whole.

¶ To make the ſkinne ſtretch and returne agayne into his place after the kernell is healed.

TAke the knoppes that remaine on the Roſe ſtalke after the Roſes be fallen of (whiche be like beade ſtones, facioned like an Egge) with the ſeede that is in them, Alom of the rocke, the flower or bloſome of a Pome granade, of eche of theſe a like quantitie. Seeth them in white Vinaigre, vntill halfe be conſumed, put to it alſo halfe as muche as all the reſt, of Ros ſyriacus or Rhus.

Rbus. Which the Apotecaries call Sumach, or Sunach, ſtamped, and boile all agayne, vntill all the Vinaigre be almoſt wholy conſumed. And of that whiche remaineth, annoynt the place rounde aboute: and by that meanes ye ſhall cauſe the ſkinne to ſtretche, and come to hys place, as it was before.

¶A verie exquiſyte remedie againſt the diſeaſe called in Latyne Angina, and in Greeke Synanche, whiche is an inflamation of the Muſcle of the inner Gargill, the Frenche men call it Squinancie, in Engliſhe Quinſey,

TAke the water of Scabioſe, a pounde, of Aqua vite, an vnce, mengle them together, and laye it vpon the ſoore, or griefe, and you ſhall finde the Patient whole in three houres.

¶Another againſt the ſame diſeaſe.

TAke Swallowes, bake them in an ouen, beate thē to pouder, and laye them vpon the griefe thorowe the mouth if it be poſſyble: if not you ſhall entermingle it with Honnye Roſet, and a lytle Flower or Meale, of Amylum, & then put it in his mouth, letting it goe downe of it ſelfe, and you ſhall ſee a marueylous thynge.

¶Another againſt the ſame ſickeneſſe.

TAke oyle of blewe vitriolle, and put two or three droppes of it, in white wine, with the whiche you ſhall gargle or waſhe your mouthe and throte often tymes.

¶A verie good remedie againſt the kinges euyll.

TAke Ceruſe or white Leade well ſtamped fower vnces, oyle Olyue, eyght vnces, let this boyle together fiue or ſixe houres, ſtyrring it continually: and

and when it is waren or become verye blacke, it is sod den ynough: then spreade it vpon a lynnen cloth, and laye it vnto the place of the soore: yf the soores be broken, they will be healed incontinent: if not, they wyll resolue and leuse, and shortly heale thorowly

¶ To heale the same disease by a substaunce taken at the mouthe.

DResse a Henne as it were to eate, so that she bee boyled in a great potte or caudron, with a great deale of wattr without Salt letting it boyle vntyll all the bones bee seperated from the flesshe: than take the saied bones and drie them in an ouen, or at the fier, so that they bee not burned or ware blacke, after this beate them well to pouder, and take of the seede of Sesamum, beaten well likewise into pouder, & mengle it with the pouder of the Hennes bones, as muche of the one as of the other. And so take a sponefull of the two pouders, and mingle it with Honnye, causing the Patient to eate of it at night when he goeth to bedde, and in the morning when he riseth. This ought to be doen from the beginning of the quarter decreasinge of the Moone vnto the ende; It is a verye excellent secrete, It also happened to me of some men, in whome the sayed disease was so olde and so sayre gone that this saied remedie coulde not helpe them, whome I caused to take wyth the sayed pouder specified as followeth, whyche ought to bee made after this maner. Take a certayne litle Serpent called a Slowe worme: boyle him in oyle Olyue, vntil he bee broken and consumed, then rubbe the euill with the sayed oyle, and lay pieces of towe vpon it, leauing it so three or foure daies: and after that, make a newe anoynting, and laye tow to it againe as before. By this saied remedie I healed them perfytlye, thankes bee vnto God.

¶A heauenly water which hath many gooly and notable vertues, as we ſhall ſhewe you after.

TAKE Cloues, Nutmegges, Ginger, Zeduria, long Pepper, rounde Pepper, the ſeede of Jenuper, Orenge pylles, the bloſſomes or floures of Sage Baſyll, Roſemary, Maioram, rounde Mint, Bay berries, Pennyryal, Gentian, calamintha, the floures of Elder, the flowres of white and redde Roſes, Spicknarde, Lignum Aloes, wylde Cubebes, Cardamomum, or graynes, whyche the Apotycaryes call Granum paradiſi, fyne Cynamom, Calamum Aromaticum, Sticados, Chamedrios, called in Engliſhe Germander, Camepitheos, Melliget-ra, Mallicke, Enſence, of the male kinde, Aloe epaticum, Aniſe ſeede, the ſeede of Maioram, or Maioram gentle, drie figges, drie Raiſins, Dates, ſwete Almondes, kernelles of a Pyneaple, of eche of theſe an vnce, white Honnie, fire vnces. Then take Suger waiyng aſmuch as all the ſaied compoſition, and mengle well all togeather, putting alſo to it Aqua vite waiyng as muche as all the ſaied ſubſtaunce, but the ſaied Aqua vite muſte bee diſtilled fiue times thorow a Limbecke, receyuing alwaies the beſt: and mingle all the ſaied thinges togeather in the ſaied water: then put all into a violle wel ſtopped, leauing it ſo the ſpace of two dayes. Then afterwarde you ſhal ſette it vpon the fornelle w̄ his Limbecke and recipient, diſtillynge it wyth a ſmale fyer, wherof will come a cleare, and precious water, continue ſo the fier, vntill the water begin to chaūge his colour, and come forth white: then chaunge the recipient, and receyue the ſaied white water a part, for it is not good, but for to blaunche and make white the face, and there is neither ſpotte nor lyntell, or any kynde of redde burgeons in the face of a man, the whyche, beinge waſhed with this water by the ſpace of fiftene daies will not go out, and weare away, leauing the face and the ſkynne white, ſhininge and well ſauouring. This is a verye rare kinde of waſhinge, and meete for great ladies and princeſſes. You ſhall mire the firſte water whyche is cleare, with Aqua vite of like quantitie, the whyche is

called

called Mel balsami. Nowe hauynge putte and lefte all these thinges in a violle well stopped, the space of two dayes, set it to distill with a small fyer, then receyue & put the first water by it selfe, which wyll distill verye cleare and odoriferous. When you see that the water beginneth to come forthe lyke rayne water chaunge your recipient, and receyue that same lyke wyse by it selfe, vntyll you see the thyrde water come out, whiche will bee of sanguine colour, the whiche you shall powre into a violle, and stoppe it well with ware: keepe it diligently as a precious thinge: for it hath many notable and excellent vertues, of the whiche the best bee these that folowe. The first is, that if you lay a lytle of it vpon a freshe wounde, there nede no other medicine to cure it. The second is, it is good for all olde woundes, against the Canker, the wormes, and against Noli me tangere. and all other diseases growing, ye must weate the soore places with it euerye seconde or thyrde daye once, and by thys meanes, in the space of fyftene or twentie dayes, he or they shalbe healed. The thyrde is, that if anye manne haue a Carbumcle, or Sainct Antonies disease, called commonlye in Italye and in Fraunce, S. Antonies fier, or other pestilenciall sickenes, and washe the place with the sayde water, it will kill it wyn an houre. The fourth is, it is good against the paine of the eyes, so that the eye be not out, or lost: if you putte a lytle droppe of it into the eie in the morninge, and as muche at night, it wyll heale the payne in fiftene dayes. And althoughe it be somewhat pryckinge, yet the griefe of it passeth soone away, so that it can not in anye wise hurte the eyes. The fifte is, that if anye man haue the stone in the raynes of hys backe, and in the bladder, & drinke thre droppes or a dragme of it with a litle white wine, he shalbe deliuered therof in fewe dayes. The sixte is that it healeth the Emerauds or Pyles, if they bee washed with it euerye daye once. The seuenth is that it healeth all maner of disease or pain of the Matrice & the colick, when a sponeful is dronke of it with the broth of a henne, or of cabbeges.

The

The eyght is, that when a man bathyth the ſhronken and indurate ſynowes of the bodie, they ſtretche, and heale in fewe daies. The nynth is, that it healeth runnyng and watrie eyes, when a droppe is put into them in the morning. The tenth is, that it is verie good to heale all maner of ſkabbe, ſkurfe, and other like thynges, waſhing them with it often times. The eleuenth is, that if a man put a droppe of it into his eare at night or in the morninge, it taketh awaie all the griefe and wormes that engender in the eare. The twelfth is, that it healeth all venemous bitinge: when ye waſhe the venemous place with it, and is farre better for ſuch an accident then the triacle is. The thirtenth is, that it killeth all wormes in mannes bodie, if a man rubbe his noſeſtrelles, or drinke a verie litle of it. And finallie, it is alſo verie good for venemous hurtes or woundes, and for all woundes incurable. It healeth the kinges euill, and the diſeaſe called the fallinge ſickeneſſe, and all other infirmities in the exteriour partes of the bodie, and with this water maye a man waſhe hym ſelfe, or elles drinke it. It is alſo good for euerye colde ſickeneſſe, and reſtorative for olde folkes, or thoſe that are conſumed and debilitate wyth hunger, ſickeneſſe, or ſorow of mind. It conſerueth the radicall moyſture and natural heate, it mainteineth health, and keepeth a man in longe lyfe, who ſo euer vſeth it as it oughte to bee vſed.

¶ Pilles of a Meruelous operation and vertue, againſt the Sciatica, which we promiſed to ſpeake of in the chapiter of the Sciatica.

TAke Pilles Alephangines, of Hermodactill maiories and minoris, of eche of them a ſcrupule which is the thyrde parte of a dragme. iii. graynes of ſalt Gemma, diſſolue and ſtyre them with the iuyce of roſes, and make of all this ſubſtaunce fyue pylles, and at the begynninge, when the Sciatica is feruent and greate, you ſhal take of the ſaid fyue pilles euery fower daies:

and

and when it beginneth to declyne and aſſwage, you ſhal take them onely the fifte day, then the fyrte, the ſeuenth and the eyght daye, vntill all be done: and take them alwayes in the mo3ning at the b3eake of the day abſteining at the leaſt fiue o3 ſeuen houres from meate Nowe although that the ſaide pylles be not fo3 a man to kepe his chamber, and that they p3ouoke not to the ſtoole, yet ye muſte not d3inke anye whyte wyne, no3 water, no3 eate anye ſalte thinges, no3 anye kynde of pulſe co3ne, as beanes and peaſon, with ſuch other like no3 oynions, garlike, o3 ſuche lyke: if the diſeaſe be inuerate olde o3 farre gone.

A notable ſecrete to heale a madde man, be it that the madnes came vnto hym by a whyrlyng or gyddyneſſe of the heade or brayne, or otherwyſe.

Fy3ſt of all make him fower Glyſters in fower mo3nynges, one after another. Let the fy3ſt Glyſter be ſymple: that is to ſaye, made with water wherein ye haue boyled o3 ſodden wheate b3anne, common oyle and ſalte. Let the ſeconde be of water ſodden with Maluwes, Mercury, Pellyto3ye of the walle, and Violet leaues with oyle and ſalte. Lette the thy3de bee of water boyled with oyle, ſalte, ſodden wyne and honnye. And lette the fourth Glyſter bee of the lyke decoction that ꝑ thirde was, addynge to it Endiue, Buglaſſe, & the toppes of the b3aunches of Walwo3te. After that thys decoction is ſtrayned, ye ſhall putte to it an vnce of Caſsia fiſtula, and halfe a quarter of an vnce of Metridate. Nowe haupnge geuen hym theſe fower Glyſters fower ſundy3ye mo3nynges, you ſhall giue him thys medicine. Polipodium of an Oke well ſtamped, a handefull o3 twayne, and w3ynge oute the iuice of it, and putte it in a glaſſe the quantitie of two fyngers highe, puttynge to it two vnces of honnye roſet, and a quarter of an vnce of Electuary roſet, and as much of dyafenycon. All theſe thinges being well inco3po3ated together, geue thē vnto the patient to d3ynke at night when he goeth to bed. ii. o3. iii. houres after the ſunne ſette, and giue it him luke warme: yf in caſe he will not

take

take it, bynde him and holde him perforce, make hym open his mouth, put ſome ſtick betwene his teeth, and than powre the medicine into his throte, as men do vn to horſes. And when he hath taken al, if it be in Winter you ſhal make him ſytte ſo vpon his bedde halfe an houre well couered rounde about, to thintent he take no colde after it: if it be in ſommer, ye maye let him go aboute the houſe where he wyll, but ſee that he go not out. When the medicine hath done his operation, take this oyntment folowing: that is to ſaye, a pounde and a halfe of the iuice of the rootes of Walwort, wherunto you ſhall adde as muche butter: boyle this together a good while vntill all the iuice be almoſte conſumed, than put to it oyle of Camomil, oyle roſet, oyle of ſaint Johns wort, of eche of them an vnce. Incorporate wel al theſe thinges on the fier, and make thereof an oyntment, wherewith you ſhall annoynt the patient from the necke vnto the feete, armes and legges and al: but the oyntment muſt be hote, and he muſt be ſo well annoynted and rubbed that the oyntment may penetrate and perce thorowe. Continue doynge this the ſpace of a moneth, annoyntyng him euerye euenyng and mornynge, or the leaſt once a daye. The thyrde or fourth day after you haue begon to annoynte him, burne him with a hote yron vpon the ſeame or ioynynge together of the head, and at the firſt lay vpõ the marke a linnen cloth with barrowes greaſe, leauyng it ſo the ſpace of viii. or. x. dayes: and after wrappe a great Cyche peaſe in yuy leaues, and put vpon the ſayd yuy leaues a pece of the ſole of a ſhoe made fyne and thynne, bindinge it vnder his throte with ſome bande, or beneath his head, ſo that it may byde on, and chaunge it alwaies at night and in the morninge. If in caſe he paſſe foure monethes and receiue not health, or returne to his witte, ye muſte begyn agayne to giue him the ſame glyſters he had before, and the ſame medecines annoyntyng him as before: and without doubt (by the grace of God) he ſhalbe whole. He muſt eate at the beginning chickens, mutton, and roſte beale: after you maye geue him roſte

and

and ſodde with pottage of Amylum, Beetes and Mallowes, and alſo newe layed egges, putting ſpices into his meate, cauſinge him ſometyme to eate (eyther in his potage or otherwiſe) betayne, ſage, maiorami, & mint, not ſuffering him in anye wyſe to take ſalte, ſharpe or aygre thinges, pulſe corne, Garlike, Onyons, nor ſuch lyke, ye may geue him white wyne with water: let him alſo cary euer about him ſome good odours, and heare melodie or muſyke: ſpeake oftentymes ſoberlye and wyſelye vnto him, admoniſhinge him to bee wyſe and ſage, rebuke him of his folye when he doth or ſpeaketh any fonde thynges. And in ſuche caſe the authoritie of ſome fayer woman auayleth much to tell him all theſe thinges: for good admonicions are of great vertue, and ſtrength, for to ſtabliſhe and ſettle a braine troubled or diſquieted with any ſickneſſe or paſſion.

Pylles of mayſter Michaell a Scot, the which heale the griefe or payne of the heade, bee it inueterate or recent, purge the brayne, claryfye the ſyghte, cauſe a man to haue a good memorye, good colour in the face, and be alſo verye good for many infirmities.

YE ſhall take of Aloe waſhed. iii. ſcrupules, the rootes of wilde gourdes, of all ſortes of Mirabolanes, of the confection made with Scamony, called Diagridion, Maſtic, Baye berries, and Roſes of eche of them halfe a dragme, of Saffron a ſcruple, Myrrhe half a ſcruple: ſtampe all well together, and make thereof Pilles with the iuice of Colewortes, and take three or foure of them when you go to bedde, euerye thyrde or fourth daye once.

Againſt the payne of womens breaſtes, a verye excellent remedye.

TAke the yelkes of two newe layed Egges, the weyght of two pence of newe Ware, a lytle oyle roſet, a lytle Nyll, called in Latyn Tutia, prepared and trimmed in Roſe water, ſet all this on the fyre to

melte in a cleane pan, and when it is colde again, ſpred it vpon a linnen clothe, and lay it to the ſore breaſtes, but you muſte haue firſte waſhed the ſaide ſoore places with whyte wyne, wherein hath ben ſodden leaues of Roſes, Plantaine leaues, and the leaues of an Olyue tree, bothe greene and drie, and after hauinge wyped and dried it againe, laye the plaiſter to it, dreſſed and prepared as I haue ſayd, and incontinent the ſore ſhall be healed.

To rype a felon, cattes heare, botche, byle, or other apoſthumes or ſwellynges, whyche haue neede of quycke and ſodayne rypyng.

YOu ſhall take crummes of breade, Raiſins dried in an Ouen or otherwyſe, and than well ſtamped, Butter, Hogges ſuet, Leuen, Cowe mylke, and a lytle Saffron. Make of all this an oyntment and laye it vpon the ſoore, puttynge fyrſt a lytle Saffron in pouder vpon the verye place, where you wyll haue it breake, and vpon that the plaiſter, leauinge it ſo vntill night, and chaunge it morninge and eueninge, ſo ſhall you make it ſoone ripe and breake, then dreſſe it with oyle roſet and yelkes of egges one whole daye, after that purge awaye the ordure and fylth with ſome drawynge oyntment. Finally you ſhall lay to it the oyntment of Aloe and Tutia or ſome cõſolidatiue or healing oyntmentes.

To reſolue a felon or cattes heare, byle or botche, at the begynnynge.

YOu ſhall take a Citron, or Orenge, and parte him in the middes, take a lytle towe in a diſhe, and piſſe vpon it: after that preſſe or wrynge it in your hand and put to it a lytle commune ſalt well beaten to pouder, and lay it ſo hote vpon the ſoore, putting vpon the ſayde towe halfe the Citron or Orenge, and ſo bynd all this with ſome bande, chaungynge it eueryngē and morninge,

morynge, and incontinent the corrupte matter wyll dissolue.

To make Emplastrum aureum, whiche is of a wonderful vertue for all sortes of woundes.

TAke Pix Greca, or colophonia, Brymstone, white ens, as muche of the one as of the other. Let all these things be wel stamped, and mixt w̄ the white of egges, then annoint a piece of parchement with this mixtion and wringe the wounde well with your two fingers to make the blood come out, laye the saide parchement vpon it, binding it with some lytle band, and the wounde shall shortly be healed. This Secrete had a Chyrurgen of Naples and would tell it to no man in the worlde, vntill he him selfe beinge hurte, commaunded his felow to make this mixtion, and to lay it to the wound which was in his hande.

Another excellent secrete, whiche was brought out of Indea and is verye good for dyuers accidentes of mannes bodye.

CArduus Benedictus eaten: healeth all heade ache, causeth a good hearynge and memorie, taketh awaye the whyrlynge or giddinesse of the heade, comforteth the braine, causeth a good syghte, not onely when a man eateth of it, but also when he rubbeth his eyes with the iuyce, or when a man putteth the pouder or water of it into his eyes. It purgeth also the stomacke, the throte, and bryngeth a good appetite, conforteth the breaste, consumeth reumes and murres, and healeth the payne in the bellye.
The wyne of this decoction, and the water whiche is distilled of hym dryeth vp all cuyll humours, and ytches, healeth the splene and the stone: and when a Glyster is made of it, and of brine or pysse, it healeth all ventosite, apostumes & the plage, so that you drink the iuice, or the pouder of it immediately after ye feele the griefe. And if a man laye of the whyte and roughe cotten that it hath after it is blossomed, vpō any woūd

that is not mortal, it wyll heale it in three dayes without payne or greife. The ſayde herbe cauſeth a ſweete breath, and when it is eaten, it maketh a man to haue good teeth and goumes, it healeth the diſeaſe of the matrice, and cheereth the hart: whan a man maketh a gliſter of it with the vryne of a man chylde, it healeth the fallyng ſickneſſe: the ſtytche or payne of the ſyde when it is dronken with white wine warmed, and with hote water: it healeth all maner of feuers, when a man taketh it fowre houres before ỹ fytte come, but while he ſweateth he muſt be well couered. If the Nauyll of lytle chyldren fall, boyle the ſayde herbe in wine, & waſhe the Nauyll with it: it is alſo very good agaynſt all bytynges of Serpentes, and other poyſon.

¶ Againſt all maner of coughes, as well inueterate and olde as recent and new, a certayne and ſure remedy.

TAke Brimſtone beaten in pouder half an vnce, and putte it in a newe layed egge, ſofte roſte, mongle it wel together: than put to it Bengewine the bignes of a cicche peaſe, lightly ſtamped, & drinke it in the morning at your breakefaſt: make as much againe at night when you goo to bedde, and you ſhalbe whole at the ſecond or thirde time. But if the cough haue holden you long, you muſt take it ſo much the oftner

¶ An excellent conſerue againſt the cogh, and al anguyſhe of the breſt, which mundifieth and cleanſeth the ſtomack, & cauſeth a good voice, and a faire colour in the face.

TAke the rootes of wilde or marſhe Mallowes called of the Apoticaries Biſmalua or Maluauiſcus, mundified and made cleane, and cut in ſmalle ppeces, well ſtamped in a morter of ſtone. Than take ſome great potte or caudron that holdeth fire or ſeuen great violles filled with water, & boile in it theſe thinges folowinge: Lickerous, Iſope, greene or drie, Sage, Roſemary, Carduus benedictus, figges, drie Raiſins, Amylum of Barley, or Barley flower, of eche of theſe thynges at

at youre discretion, and as muche of the one as of the other: and adde to it more, a handefull of Succory, with hys rootes, lette all this seeth in the sayde caudron or kettle, the space of an houre, or an houre and a halfe, and then lette it coole againe so that you maye well endure your hande in it. Than take oute all the said substaunces, and putte them in a cleane canuesse, and wring out all the substaunce into the sayed water in the kettell: put in it also two or three pounde of the saied rootes of Maluauiscus stamped, as before, then set it to boyle and seeth againe three howres or more: take it from the fier, and doe as you did at the first time: but if it had so muche sodden that all the rootes were broken and consumed, it shoulde not neede to haue strayned or wronge theim thorowe a canuesse. This doen, take the decoction of it, and set in a potte vpon the fier, with as muche Honnie, or litle lesse, leauing it to boile so faire and softlye, taking away the skommie that shal come of the Honny. After it hath thus boyled a good space, adde to it an vnce, or as muche as you wyll of Sinamom, and a quarter of an vnce or more of Benge-wine stamped, and a litle Muske: then take it immediatlye from the fyer, and couer it, to the entent it take no vent: specially, if you haue putte in the muske, whiche would elles vanisshe awaye with the smoke, wherefore you maye putte in the Muske when the water is inke warme after it is taken of: So shall you haue an excellent conserue to vse and occupie all the winter, as well at night, as in the morning, and at al times when you list, but you must at euery time you take it warme it againe, and take thereof. ii. or. iii. spomefulles at a time. And if you wil haue it thicker, put to it pouder of suger, or Penides: & if you wil haue it clearer, ye must put to it a litle more of the first decoction, which we haue spoken of. This secret is of suche excellencie, that if a man vse of it in the winter, as afore is saied, it is not possible for him to bee vered or turmented with the cogh, cumes, murres, catarres, or anye other like disease.

¶A goodly and pleasaunt secrete to heale the cogh, in rubbinge the soles of the feete: and is a thing very easye, and certayne.

TAke two or three Garlike heades, well mundyfied and made cleane, stampe them well, than put to them Hogges suet, and stampe theym well a newe: and at nighte when you goe to bedde, warme well the soles of youre feete, and annoynt them well with the saied confection, and then warme them again as hote as you maye endure, rubbing them well a pretie space: and being a bedde lette your feete bee bounde with some warme lynnen clothe, and rubbe also the small of your legges with the saied oyntment, by thys meane you shall bee healed in three nyghtes were the cogh neuer so vehement. If you wyll at youre meales vse of the saied decoction in youre wine, or otherwise, you shal fynde your selfe wel at ease in youre stomake, and head, and shall the better driue awaye your cogh, and all other euill dispositions of the bodie.

¶A very goodly and easye remedie to heale in a day or twaine all maner of inueterate and olde woundes, wherein is growen dead and superfluous fleshe, and woundes that can not bee cured by any other medicines.

TAke three vnces of Turpentine (firste washed in commune water, and then in Rose or Plantaine water) and the yolke of an egge, an vnce & a halfe of oyle Roset, of Sablimat halfe a dragme: mixe all these well together, and make thereof a playster and laye it vppon the wounde.
And because it draweth somewhat, make this defēsife. Take two partes of oyle rosat, halfe a part of vinagre, a litle Boale armenick at your discretion, mengle al together, and rubbe within foure or fiue fingers or more round about ẏ wound. And holde not the infected mēber to farre from the fyer, to the entent that whylest the dead fleshe is consuminge and eating awaye, you feele not so great a paine. After that the dead fleshe is eaten

a waye

awaye, laye to it a litle bande with butter, and leaue it vpon the wounde a whole day, and you shall see a meruelous thinge.

¶ Against all maner of pestilence or plague, be it neuer so vehement, a most certaine and proued thynge.

TAKE an Onion, and cut him ouerthwarte, than make a litle hole in eche piece, the which you shall fyll with fine Triacle, and sette the pieces together agayne as they were before: after this, wrappe them in a weete lynnen clothe, putting it so to rost couered in the embers or ashes: & when it is rost ynough, presse oute all the iuyce of it, and gyue the Pacient to drinke thereof a sponeful: immediatly he shal feele him selfe better, and shall without fayle be healed.

¶ A verye good perfume against the plague.

TAKE Mastike, Cypres, Encence, Mace, Wormwoode, Myrre, Lignum Aloe, Tegname, Muske, Amber gris, Timiama, Nutmegges, Myrtel tree, Baie tree, Rosemarye, Sage, Roses, Elder, Cloues, Genyper, Reiwe, Pytche, and a kynde of rawe Pitche called in Latyne Rasis. All these thinges stamped and mixt together, you shall set vpon the coles, and so perfume the chamber.

¶ Another remedie verie good against the plague.

TAKE the ripe Berries of a Baye tree, and pille of the blacke skynne that is vppon theym, beate them into pouder with a lytle salte, and as soone as a man perceyueth hym selfe infected with the plague, and that he begynne to haue a hote feuer, he muste take a sponefull of the sayed pouder, myrte with a lytle Vineagre and water, heate it a lytle and drinke it, and then to couer hym selfe well, and slepe ynough: so sweating lustily he shall bee incontinent cured. But yf the feuer come with a colde, in stede of vinagre, he must take wine, and then doe all the rest as

before: a thinge experimented vpon many.

For him that is ſicke of the plague.

TAke white Dittany, Turmentille, white Coꝛall, Gentian, Bolearmenicke, terra ſigillata, Endiue water, Rue water, Roſe water, white Vinagre, water of Scabioſe (and the accident comming vpō him, ye muſte make this wythin foure houres.) Take of the ſaied thinges ſtamped eche one by it ſelfe, and put them in ſome glaſſe oꝛ other veſſell, and make of all a dꝛinke at your diſcretion, makinge that the Vinagre mounte in the glaſſe a litle aboue the other thinges, and let the pacient take it hote, and then couer him ſelfe in bedde vntil he ſweate well, and he ſhalbe cured.

¶ A merueylous preſeruatiue againſt the plague.

TAke white Dittany, rounde Ariſtolochia, Crocodilium, called alſo Cardina, oꝛ Cardua, Merueyne, Gentian, Zeduaria, an herbe called in Latine pes Milui, of eche of them two vnces, ſtampe all this a litle, with a handfull of Rue, than take a violle that holdeth at the leaſt thꝛee quartes, and fyll it with the beſt wine that you can finde, whereinto you ſhall put al the foꝛeſayed thinges, and leaue it ſo ſtanding in your houſe: And in daũgerous times, take euery moꝛning befoꝛe you goo out of your houſe, halfe a glaſſe full of the ſaied wine: but you muſt haue taken firſte a Walnutte, a Figge, and two oꝛ thꝛee litle bꝛaunches of Rue. If you doe this in the moꝛning, you ſhall bee aſſured foꝛ that daye.

¶ An oyntment to make an apoſtume breake, and the ſoore of the plague to fall of.

TAke a quarte and a halfe of common oyle, & ſette it on the fyꝛe in ſome veſſell, then put to it foure vnces of Ceruſe oꝛ white leade well ſtamped, litarge of ſiluer verie fine and thinne, thꝛee vnces, common Waxe, foure vnces, and leaue it ſo longe vpon the

the fyre, vntyll you maye spreade it wyth youre finger vpon a marble stone. This doen, take it from the fier, and powre a litle Vinagre vpon it, but you must holde it farre of, to the intent it leape not in youre face: than make of this oyntment a plaister, as greate as all the sooze, and make a hole in the middes of it as bigge as a peny: after this, make a litle plaister of some oyntment that mortifieth, of the bignes of ꝑ said hole: than make another plaister of the same bignes, the which you shal laie vpon the sooze, so that the plaister with the mortifiyng oyntment bee betwene bothe, and leaue it vpon the sooze the space of. xxiiii. houres, than chaunge onely the middle plaister, that is to saye: he that mortifieth, and put another in his place, the which you shal also let lie foure and twenty houres: and before that the plaister bee laied rounde aboute and stretched, annoynt the place verie thicke with freshe Hogges suet, or Hennes grease, to mollifie it, and so you shall make it harde in the middle, and rounde aboute you shall make a circle of tender flesshe, in such sorte that the sooze wyll breake oute and come forth. And the eyght and fourty houres once passed, after you haue taken of the plaister, lay vpon it another plaister made with freshe Hogges grease and immediatly will fall of from it a dead flesshe in maner of a rounde pommell, and there wyll remayne a hole, the which you must heale with some oyntmente or elles with Diaculum magnum: ¶ when the flesshe beginneth to growe, laye to it burned Alom, by the space of foure and twenty houres, and then the saied oyntment vpon it.

¶ Another remedy agaynst the plague.

YE shall take the toppe of Rue, a garlyke heade, or halfe a quarter of a Walnutte, and a corne of salte: eate this euery morninge, continuing so a moneth together, and be merye and iocunde. This receipt is also good against wormes.

¶ Another very good remedy against the plague.

Take

TAke Aqua vite, the water of wylde perceley, called in Greeke Melliſſophyllon, Melyphyllo, and Melinon, and in latine Apiaſtrum, and Plantayne water, of eche of them a pounde, and whan you wyll vſe of it, whiche you ought to do daylye, you ſhall take as much of thone as of thother, ſo that all together mount to the quantitie of two fingers hygh in a glaſſe, & than drinke it, ſo ſhal you be preſerued and ſaulfe, from the plague. This water is alſo good for fiſtules, and woundes, and is well tryed and experimented.

¶ Another perfecte receyte agaynſt the plague.

TAke a violle, or ſome other glaſſe, and fyll it vnto the thyrde part ful with fyne tryacle, and one thyrdendeale, or third part wt Aqua vite, and the other thyrde part with the vryne of a yonge man childe that is a vyrgyne, and hoft bfull: myxe all wel together, and gyue the pacient to drinke therof three mornynges, that is to ſaye, euery morning a glaſſefull. This hath ben proued in Venyſe, the yeare 1504.

¶ Another agaynſt the plague.

AS ſone as the perſon fealeth him ſelfe infected, let him take the beſt Triacle he can fynde, and after hauing ſwallowed downe a part of it, let him take of the ſame the bigneſſe of a Cheſtnut, & lay it vpon the ſore that begynneth to riſe, rubbinge it well rounde about with the ſaid Triakle. Incontinent after this you muſte take a Pigeon, and cut him in the middes quick, fethers and all, lay him to the ſore warme as he is, and let him lie on it, vntill that parte of the Pigeon be waxen and become grene, and the Triacle redde: then take it of, and you ſhall ſee that out of the Pigeon wil come a greene water, which is all the venim that was in it. Ye muſt afterward cure the place with this plaiſter following. Take two partes of freſhe Barrowe greaſe, and one parte of wormewood wel ſtamped, and laye it vpon the ſore.

¶ A thynge often times proued and experimented agayn ſt the plague.

TAke maſtic two vnces, Euphorbium an vnce, Spick-narde. v. vnces, beate this into poulder, and geue it the patient to drinke. If he be vnder. x. yeares of age, geue him a ſcrupule of it. If he be of yeares from e x. to. xx. halfe a dragme: but if he be aboue. xx. yeares olde, ye ſhall geue hym a dragme, than take the herbe called in Greeke Pentaphilon, in latine Quinquefolium and in Engliſhe Cinkfoile, and wrappe it like a round ap-ple in a piece of linnen cloth, layenge it ſo vnder whote imbers by the ſpace of fowre Miſerere, and after hauyng taken it out againe, cut it in three pieces in the myddle, and laye it vpon the ſore or greiſe, which you ſhal cauſe to ceaſe immediately.

¶ A preſeruatiue againſt the plague, oftentimes proued.

IN a daungerous time, take. iii. little kraunches of Rue, a Walnutte and a figge: eate all this, and you ſhall be ſafe

¶ Another.

TAke the dunge or excremente of a yonge boye be twene ten & .xii. yeares of age, and drie it, & after beat it into poulder: This done, put of it at ỹ moſt two ſponefulles in a glaſſe of whyte wine, and geue it the patient to drinke at the leaſte fire houres after the greiſe taketh him, and the ſooner the better. This hath ben founde true in many men.

¶ Another.

TAke the iuice of a white Onion, Hony, Vinaigre, ỹ iuice of Rue, & of milfoyle yarrow or neſe bleede, of eche of them a like quantite, mixe altogether, & geue ỹ patient to drinke thereof two thirdendeales of a glaſſe-ful, but let him haue it whote, and before the firſt houre after the paine ſhall haue taken him: This done make him

him ſweate as much as he may in his bedde. This hath ben founde of great perfection, and experimented vpon diuers men

¶In a ſuſpecte tyme of a plague.

TAke Pulliole or Pentroyall, in latin Pulegium, with Suger roſet, and make an electuary, the which you ſhal vſe & eate, in a ſuſpect time of a plague, at your breakefaſt, the quantitie or bygnes of a Cheſtnut, this hath men proued, and founde good.

¶Another well tried and proued againſt the peſtilence.

TAke Walnutes when they be grene, tender, and good to make confitures or preſerues, put them in Vinaygre the ſpace of. viii. dayes, than take them oute againe, and breake them in pieces, puttyng theim ſo into a Limbeck without Vinaigre, and ſtille the water of them, of ẏ which you ſhal geue the patient drinke euery day halfe a glaſſefull, and whan he hath dronke it, let him ſweate well in his bedde.

¶A verie perfyte ſecrete againſt the plague.

TAke an vnce of Aloe Epaticũ, halfe an vnce of Myrrhe halfe an vnce of Saffron: beate into poulder and ſifte the Aloe and the Myrrhe together, than beate ẏ Saffron in poulder, ſtiepe, and ſoke it, or waſhe it with white wine very ſtronge, ſo that it be like a ſauce, than put the other poulders to it, and wire well altogether, yf nede be you maye put more wine to it, ſo much that of all may be made as it were a lumpe, and ſo pilles. And if you wil make it very ſtronge, for euery vnce put to it halfe an vnce of Diagridum, and halfe an vnce of Camphyre. Maiſter Fraunceſſe Albert toke thre eight partes of the ſaide Pilles, withoute Diagridum, ſokynge and ſteepinge them in good wine, and gaue them to the patient as ſone as he could: & ſo made him ſweate much in his bedde, for by ſweating the venom dide reſolue.

¶Another

Another very good ſecrete.

TAke the flowers or Bloſſomes of Walnuttes, and drye them in the ſhadowe, and when the nuttes bee in ſeaſon to conficte, you ſhall cutte parte of them into ſmall pieces, the whiche you ſhall put in ſtronge Vinaigre by the ſpace of three dayes: than take them oute, and mingle them with the ſaide flowers, diſtillyng them thorowe a Limbecke of glaſſe, or of earth leaded within: kepe this water diligentlye, and when any man feeleth him ſelfe taken or infected with the plage, giue him of it allone as is poſſible two vnces and a halfe, or three vnces, and you ſhall dryue awaye the diſeaſe by the courſe of the belly, or by vomityng, or els wil it make the ſore or botche to come forth the which you ſhall make rype and breake, as we haue afore declared.

To make a carbumcle, and all other botches, apoſtumes and plague ſoores to breake, a preſent remedye and verye eaſye to make.

TAke Bay ſalte well beaten into pouder and ſifted, incorporate it wyth the yelke of an Egge, and laye it vpon the Carbumcle or ſoore, and bee aſſured that (wyth the grace of God) it wyll drawe to it ſelfe all the venim and poyſon of the plague or ſoore, ſo that in ſhort tyme he ſhall be cured: A remedy often tymes proued.

A very good remedye agaynſt the markes of the plague, commonly called Goddes markes.

TAke freſhe and greene Rhaponticum, whiche is the herbe and roote called the more and great Centorie: it is named of Plinye (as Ruellius wryteth) Rhacoma, ỳ rootes of the herbe called Sanguinaria Dactilon, of ſome Dens canis, of Dioſcorides coronopus, that is to ſaye Crowes foote. Some take it to be Dandelion. The rootes of Turmentylle, whyte Dittany or erbe of

theſe

theſe an vnce, ſtampe all wel, and put it in a pot or viole with well, riuer or conduct water, at your diſcretion, rather to muche then to lytle, vntill it paſſe halfe a handful aboue the other thinges in the pot or moze, then let it boyle with a litle cleare and flampynge fyze wout ſmoke, vntil it be diminiſhed of the thyrd parte, than ſtraine it out ſoftly, and it will be of the colour of wine, kepe it in ſome veſſell of glaſſe, and when neceſſitie requireth, you may giue the patient a glaſſeful of it in the mozninge, and as much at night, two houres befoze ſupper, and it muſt be very hote: than couer him well in his bedde, and make hym ſweate. When the markes come forth, he ſhal become lyke a lazar or lepre and ſhalbe ſhortly cured.

Againſte the mortallitie of the peſtilence, a verye perfite remedye.

TAke Gentian Seduaria, rootes of Turmentille, of eche of them two vnces, red Sandale, white and recent Dittany, hartes hozne burned, white pearles, Bole armenicke, round Ariſtilochia, of eche of them an vnce, Campher halfe an vnce, white ſuger two vnces, of al theſe thinges wel beaten to pouder, you ſhall take at euery time a dragme, with thze vnces of endiue water or forell water, mixe the water and the pouder with the bigneſſe of a Walnutte of fyne Triacle. You muſt miniſter this medicine befoze the ſickeneſſe bathe cõtinued with the perſon twelue houres, for it is than ſurer. If in caſe after the twelue houres it worke not ſo well as you woulde haue it, yet ye muſte haue a good hope. And if ỹ pacient be yet in the age of infancy, you ſhal giue him a halfe a dragme of it, with an vnce and a halfe of one of the ſaid waters, and with a like quantitie of triacle. The ſayde drinke is not ſoluble or laratiue, nor cauſeth any griefe to him, but only killeth the poyſon. If any man had dronken or eaten any poyſon, this is a verye good medicine for him: it is alſo good againſt a hote feuer or agus. Note alſo (that if it be poſſible) the patient muſt be let bloode befoze he take the

ſaide

ſayde medecine: if not, let it be done afterwarde, that is to ſay, on the ſame ſyde that he ſealeth the greif.

¶ To make litle rounde apples or balles againſt the plague.

TAke Labdanum halfe an vnce, Storax calamita an vnce, Diambre diamuſci, of eche of them halfe a dragme, Campher two graynes, Cloues fiftene graynes, Nutmegges, Mace, of eche of them halfe an eyght parte, damaſkine Roſes a ſcrupule, Synamom halfe a dragme, Spicknarde fiftene graynes, Muſke, Ceuet, of eche of them eyght graynes, fine Violettes halfe a dragme, lignum aloes, foure graynes, Calami aromatici, the bigneſſe of a Beane, fine Amber foure graynes, Pyrre the bigneſſe of a Beane. Stampe firſt the Labdanum, with a hote peſtell, than ſtampe wel the Storax calamita, and all the other thinges eche one by it ſelfe: and than mixe all together and ſtampe it ſtill with a hote peſtell, adding to it at euerye time Storax liquida, and Roſe water, vntill all the ſaied thinges bee well incorporated: and thā make your rounde apples or balles.

¶ An oyntment to kill the plague.

TAke Sope makers water, and boyle it vntyll it ware or become as it were an oyntment, than take of the the wodde of willowe, or Beeche, and burne it: after, quenche the coles in vinagre, and drie them in the ſhadowe, in ſuche ſorte that a man maye ſtampe and ſift them. Take alſo quicke lime at youre diſcretion, and mingle it wyth the ſayed Sope water then take the ſame pouder vntil you haue ynough, and halfe an vnce of freſhe and ſweete Hogges greaſe or ſeyme: mixe all together, afer this doon, take of lytle greene wormes ſhininge with a gloſſe like golde, bred in the toppe of Aſſhes or Oliues, called in Latyne Cantharidæ or Cantharides halfe a dragme, beate theym into pouder and mixe them together, with the reſt, making an oyntment ſomewhat harde: leaue it ſo in ſome ve-

ſell

sell well closed and stopped, and if there arise any oyle vpon it, take it of faire and softly.

A very perfyte oyle agaynst the plague and all poyson.

TAke oyle of the eldest you can fynde, and boyle it the space of an houre, & for euery pounde of the said oyle, put in. l. scorpions, or as many as you can get put all this in a pot vncouered, the which pot you shall set in a kettle or caudron of boyling water, vntill the thirde part of the oyle or somwhat lesse bee consumed. Than take oute the Scorpions, and powre the oyle thorowe a canuesse into another potte, or violle well stopped, whiche you shall sette in the Sunne the space of two or three monethes: if it be not in Sommer, set it vpon hote ashes, by the space of three or foure dayes. But before you set it in the Sunne, or to the fier, as is aboue saide, you shall put to it these thinges folowing. Rhubarbe two vnces, Unicornes horne two vnces, Triacle an vnce, Aqua vite three vnces: and when any man feeleth him selfe infected with the plague or anye poyson, let him be annoynted with the said oyle about the heart, and all the pulses: and you shall see a miraculous thinge.

A meruelous secrete for to preserue a man from the plague and hath bene proued in Englande of all the Phisitions in that great and vehement plague, in the yere 1548. which crepte thorowe oute all the worlde, and there was neuer man that vsed this secrete, but he was preserued from the plague.

TAke Aloe Epaticum, or Cicotrine, fyne Synamom, and Myrre, of ethe of them three dragmes, Cloues Mace, Lignum Aloe, Mastick, Bolearmenicke of ethe of them halfe a dragme. Let all these thynges be well stamped in a cleane morter, then mingle them together, and after keepe them in some close vessell, and take of it euery morning two penny weyght, in halfe a glasse full of whyte wyne, with a lytle water, and drinke it in the morning at the dawninge of the daye.

And

And so may you (by the grace of God) goo hardlye into all infection of the ayre and plague.

¶ A verie sure and perfecte remedye to cure a man of the pestilence, and some there hath been, that haue been cured in a night: the sayed remedye is also good for Goddes markes, Carbuncles, Boyles, Botches, and suche lyke sykenesses, as S. Anthonyes fyer, and suche other.

TAKE the seede or berries of Vyne, that groweth on trees or walles, & not of that whyche is founde lowe by the ground, and you must gather the sated berryes verye rype, and towarde the Northe, yf it bee possyble, yf not, take theym as you maye gette them, although they bee not verye rype: drye theym in the shadowe, and keepe theym in a bore of woode, as a precious thing. And yf anye bee infected with the pestilence, take of the sated berries and beate theym to pouder in a cleane morter, and giue the pacient of the sated poulder, in halfe a glassefull of white wine, as much as a man may lay vpon a grote or more: than couer hym in his bedde, and make him sweate well. This dooen, chaunge his shirte, sheetes, and the other couerynges of hys bedde, yf it maye bee: yf not, lette him at the least chaunge his shyrte and sheetes. Some hauing taken of the sated poulder ouer night, founde them selues in the morning so well, that they rose vp, clothed theym selues, and walked aboute the house: and finally thorowlye cured. I salwe a Mylanoys, the yeare. 1523. in Aleppe, that hadde the plague, and one soore vnder the thigh, and another vnder the lefte arme: and hauynge taken of the sated poulder in the morning, and againe at night folowing, he found that the two sated soores, brake of themselues, by the vertue of thys so excellent a medicine, sent by the great clemencie of God the lord almightie. Wherefore I woulde counsaile that in all townes wher a man may haue the commoditie to do it, to haue plantes and settes of Vyne, bee it within the

towne or without, to the ende to bee alwayes prouided and furniſhed of the ſayd berries, which men maye gather euerye yere, and keepe diligentlye for to ayde them ſelues in all accidentes and chaunces that maye happen and fall.

A verye goodlye and preſent remedye for to heale the peſtilence, in drawyng out the venym from the botche or ſore, or other lyke accident.

TAke a quicke Henne, and plucke the fethers from her arſe, and from the place where at ſhe layeth her egges, and ſet her ſo, that the ſayde bare place maye be vpon the griefe, and that ſhe maye as it were ſit vpon the botche or ſooze, or the place of the plague, and holde her ſo a good while. Then you ſhall ſee that the ſaied Henne will haue drawen all (or at the leaſt ſome) the poyſon and infection, and that ſhortlye after ſhe will die. It ſhall be good to doo thys wyth two or three or moe Hennes, immediatlye one after another, the whiche will drawe all the venom oute of the ſooze. This doen, annoint the place with good triacle, and let not in the meane tyme to vſe other remedies by the mouth, whereof we haue ſpoken here before, that is to ſay, the Jupe or Waye berries, or ſome other remedie, that you finde moſt redie. If the ſooze bee ſo harde that it will it not breake, you may vſe the foreſaid remedies to make it breake, to the intent that al the venom may comme out, and voide from the heart.

An aduertiſment and warnynge of greate importaunce, to preſerue a mannes ſelfe in tyme of peſtylence.

BECAUSE the euyll humours that be in mannes bodye, doe eaſely receyue the corruption and infection of the ayze, it is good to keepe the ſtomacke, and the head cleane purged, not to ouerlade it with eatynge and drynkynge, but to abſtayne from groſſe meates, to purge him ſelfe as ofte as is poſſible, with

ſome

some gentle and familier purgation, as Cassia pilles, as the pilles of Mastiche, of Aloe, or of other suche lyke things, and aboue al, to vse often of the leese of wyne, called Tartre, which you muste beate well in pouder, and stiepe it with hote water, & than strain it or dreane it faier and softely out: After ward drie it thorowly, as men do white salt, than kepe the same pouder, and put thre vnces of it with a pound of sugre roset, and in the morninge take a good sponefull thereof vntill there be an vnce or more, and do this from day to day, for it wil kepe your body cleane and purged: and he that can not doe it with sugre roset, let him take the leese stamped, and stiepe or washe it in the brothe of flesshe or of colewortes, sturring it vntill all be leused and vndone that may be leused, then let it stand a while, and after powre softely the broth into a dishe, cast away the substances that go to the bottome, and drinke the broath: do this euery day at the houres of your meales, or at the least euerye seconde daye or when you shall thinke good. It shalbe good also to eate in your pottage, thinges that purge the blood, as Buglasse, Burrage, Surcory, Lettyse and suche like: and aboue all not to kepe your stomack ouercharged nor to emptie: and in the morninge betime, to take some of the foresaied preseruatiues, as the pouder that was experimented in England (as we haue recited) or such other lyke. Than. ii. or iii. houres before dinner to take some of the sayd other preseruatiues, as the Rue with a figge, and with the Walnutte which is a thing verye good, or some of the said confections, or a piece of the pille of a Citron confitte, or a sponeful of the iuice of Citrons dressed as we wyll declare hereafter, and to vse of it at meales in maner of a sauice, and after meales to vse of the seede of Citrons confict in sugre, as thei make the Coriander, and Almondes, whiche is a thing very good against all maner of venim and poyson. And likewise at your meales to eate the white and the in syde of a Cytron wyth a litle sugre if you wyl, and to eate it with flesh, or bread (as men eate lemons) in the morning, at noone, and at

night when you go to bedde. It ſhuld be alſo very good to bathe and waſhe your handes, your temples, your poulſes, and your noſe with Vinaigre roſet, or with other, wherevnto you muſt put a lytle Campher, roſe water, Lignum aloes, Xilobalſamum, yf you can get it, yf not, a lytle Sinamom in ſtede of it. It is good alwaies to kepe ſuch maner of Vinaigre beſyde you in ſome viole, for to vſe of it when time ſhal require: for it is a very good preſeruatiue: and if you can not haue the Vinaigre compounde, as is ſayde, vſe Vinaigre of common wyne. Alſo it ſhalbe good to cary about you ſome parfume, or good odour, either in your gloues, ſhurte, handkercher, cappe, bearde, or to hange it aboute your necke or otherwiſe. Your houſe oughte to be kept as cleane and as nete as is poſſible, not ſauouring of piſſe nor other ordure: ye ought to kepe it ſhut, waſhing often the gutters and priuies. Ye muſt alſo kepe as fewe foule and ſtinking clothes in your houſe as is poſſible. Riche men ought oftentimes to perfume their houſes with ſome notable parfume, wherof we wil put in the booke folowing a good number. Poore men may make proviſion of leaues, and of the wood of a Bay tree, of Roſe mary, Jenepar, Cypres, and to vſe it as often as they maye, burning it in the middes of their chamber, or houſe, and principally at night and in the morning. Likewiſe of Orenge and lemmon pilles, or other ſwete ſmellinge thinges. Storax calamita, and Labdanum, bee good chepe and are verye good for this purpoſe. As concerninge the diſpoſition of courage and minde, ye muſt conſider that ſorowe ſadneſſe, or melancolie, corrupte the bloude and other humours, weaken the heart, and deprave & hurt nature, therfore ought a man to auoide them as much as is poſſible. Alſo if a man be to merry or iocunde, it dilateth, and enlargeth the poores and paſſages of the ſeede of man, and the harte, ſo that he is the more enclined to receyue the euil aier, and venim which are thinges that penetrate and pearce ſore. Alſo a man muſte beware of drinking to much wine, for it maketh merry and chereth a man but of meaſure. Now

becauſe

because that in time of a pestilence euery man is afraid so that he thinketh that a man cā not ketch the disease in being to merry (onles it be so that he be dronke, as is sayd) but contrarye in beinge to sadde or sorowfull: for sorow & sadnesse come of them selues, not sought after: Therfore it is good to vse temperance, and moderatiō, walking and recreating him selfe honestly, not vsing to muche carnall companie or copulation. And aboue all, a man muste haue alwaies a sure hope and confidence in God, euer to bee readye and disposed to dye, when it shall please hym to call vs, not estempynge so muche this mundaine life, or fearinge so muche death, whiche is none other thinge than an issue or departing oute of this life full of calamities, & an entring into an eternall life replenished wō al ioye, solace, and pleasure.

¶ To dresse and order the Iuyce of Cytrons, for to vse of it as is afore sayde.

TAke the Iuice of Citrons as muche as you wyl, and put it in a panne leaded wythin, than adde to it two vnces of skimmed Honnye for euerye pounde of the saide Iuice, a lytle Sugre after your discretion, a litle Synamom in pouder. Let thys boyle a verie litle while together, and than keepe it and take of before your meale, & at your meales, in steede of sauce, which is a very good remedie, as well for to preserue a man against the infection of the ayre, as to driue it away after he is fected with it. It is also a very good medicine for to take as soone as a mā doubteth to haue receiued some poyson in to his bodie.

¶ The ende of the firste booke.

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE SECONDE BOOKE.

¶ To make oyle Imperiall to parfume the heare or beard of a man, to rubbe his handes or gloues with, and to put also into the lye or water wherein princes or greate mens clothes be washed, and this oile may a mā make with cost ynough, and also with litle charge and expence.

TAke halfe an vnce of Ambergryse, which men vse to parfume withal, and cut it as smal as you can, styrax calamita, fatte ℥ gum mie. viii. vnces, the which also you shall cut very smal, & put in a viole or glasse, with. ii. pound of Rose water. ii. pounde of oyle of Damaske Roses, fyre cloues lightly or slender ly beaten, halfe a quarter of an vnce of fine Synamom, thā hauing wel stopt the said vessel wᵗ a litle ware, you shal wrappe it in some linnen cloth, and so lay it vnder hote dunge, leauing it there ỹ space of viii. daies: Than after you shal poure it into a vessel leaded wᵗin, making it seeth with a smale fyre by the space of. ii. houres, and than taking it of, let it cole: Thys done, you shall gather, and take vp with a golden or siluer spone, or with some piece of glasse, all the oyle that shal swim aboue, and hauynge put vnto the same as muche Muske, and Cyuet as you will, you muste kepe it in some viole, and set it so in the sonne certaine dayes, hauing fyrste well stopped the sayd viole with ware and parchemente.

Then shal you haue a precious lycoure to smell vnto, and to comfort the brayne, to withstand the corruption of the aire, and therfore very good in time of pestilence. And the Ambre, styrax, and other thinges that remaine

in

in the bottome of the said vessel, that you boyled all in, wil be exceedinge good to make muske or swete balles, to lay amonge clothes or linnen, to cary in mens handes, to make beades of, or to burn in a chambre in stede of parfume. Nowe he that wouldo make the sayde oyle with lesse cost, may make it without Muske, or Ambregrise, or els put lesse in it than we haue spoken.

¶ To make oyle of Ben with small charge, the whiche of it selfe wyll be odoriferous or swete in sauour, and very excellent, whereof parfumours do vse aptly for to parfume gloues or other thinges with all.

That whiche oure moderne and late parfumours doe call Ben, are litle nuttes, whyche the Latyne men doe call Nux vnguentaria, the Greekes Balanos Myrepsica. or Myrobalanos, and the Arabians Ben. Of these litle nuttes is taken an oile as of swete Almondes & other like thinges. Nowe, this Ben hath two properties, which are of great importaunce, & necessary for them ỹ wil parfume. The one is ỹ it hath in it self no odoure or sauour at al, wherefore it chaungeth not, nor diminisheth the sauour of the Muske, or Ambre, which it wold do, if it had any perticuler odoure. The other is, that it is of a longe continuaunce, and corrupteth not, or becommeth almost neuer mouldy or putrified, as al other oyles doe in shorte space. The parfumers temper the Muske, and the Ambre ordinarely with this oile, whan they wil parfume gloues, or make other mirtions: but there is one inconuenience, and that is, that the sayde poulders tempered with the sayde oile, and reduce into paste, are not so pearcing, nor doth the sauour continue so longe, as if they were more penetratiue or pearcing. Wherfore if you will make the sayde composition perfecter, take the sayde little nuttes of Ben, and when you haue made them cleane, breake them in foure pieces, and lay them vpon a cleane and fine sieue or farce: than take Muske, Amber, and Ciuet as muche as ye will, in

a vessell suche as perfumours vse, and put to it. iii. or iiii. droppes of fayre water: after this, temper it with a lyttle rose water, vntill it be lyke tender and softe past: than set the vessel for to parfume and smoke vppon the fyre, lyke as men parfume chambers: and se that al the fume and smoke be receyued thorowe the sayd nuttes. This done, you shal take out of it the oile which will be very excellent, as wel to vse alone by it selfe, as to parfume gloues, and all other thinges.

¶ To make an odoriferous and sweete water, very good.

TAke twelue pounde of Damaske rose water, Lauander water, Cloues, Synamom, of eche of them a dragme, Mace, great Cardamomum, Muske, Amber, of eche of them halfe a scruple, drie Pylles of Citrons, Sandalum citrinum, Ireos, of eche of them halfe a dragme, Bengewin, Storax calamita, of eche a scrupule, and of all this make a composition, the which you shall put in a vessell of glasse well stopped, leauinge it so by the space of fiftene daies. Afterwarde let it bee distilled in Balneo Marie, the maner whereof is described in the first booke, and the water that shall issue oute of it, put in a violle well stopt in the Sunne the space of fiftene dayes, and than shall you haue a water of greate excellencie.

¶ The seconde odoriferous water.

TAke the leaues of Damaske roses, the freshe leaues of Gylleflowres of eche of them a pounde, the flowres of Rosemarye, ỳ flowres of Lauander, ỳ flowres of Jasemyn, Maioram, Sauourye, Serpyne, or Serpille, called wilde Time, or running Time, which groweth on olde walles, ouer welles and pondes: and in some places it smelleth like time, and in some places lyke to Sauourye, it is called in Latyne Serpyllus or Serpillum, in Frenche du Serpolet, of these three vnces, of drie Citron pilles an vnce. After this Synamom, Bengewine, Storax calamita, of eche of them two dragmes, Nutmegges,

megges, Macaleb, of eche of theym a dragme: but you muste stampe well the herbes, and bray the spices wel, then put all together in a earthen potte leaded: and after it hath stande in the Sunne, by the space of twoo dayes distylle it in Balneo Marie. And to the water that issueth out, putte a scrupule of fine Muske, lettinge it stands afterwarde in a violle of glasse well stopped by the space of twentye or thyrtye dayes. Then shall you haue a notable water.

¶ The thyrde sweete water.

TAke fyre pounde of Damaske rose water, a glasse full of Malmsey, three pounde of Damaske Rose leaues freshe and newe, Lauander flowres, the flowres of greene Spike, of eche of them foure vnces, the flowres of Cherfoyle or Cheruille, flowres of Jasemine, the flowres or blossomes of Olyue trees, of eche of them a pounde and a halfe, the dryse flowres or blossomes of Drenge trees thre vnces, of the drye pilles of Cytrons foure dragmes, cloues a dragme and a halfe, Synamom, Storax calamita, Bengewyne, of eche of them two scrupules, Nutmegges a scrupule. Let al the saied spices firste bee well beaten into poulder, and then put all together into a violle wel stopte by the space of ten daies, than after lette all bee dystylled in Balneo marie. And to the water that commeth oute, adde Muske, and Amber, of eche of them a scrupule and a halfe. You must kepe it in the Sunne and in some neate place.

¶ The fourth sweete water.

TAke Cloues wel beaten in poulder two dragmes, the poulder of Sandalum citrinum, and Macaleb, of eche of them a scrupule, ten pounde of Damaske rose water, and the water of the herbe that the Italians call soltanella fower pounde, Lauander water a pound. Let all this be lefte together by the space of foure daies and then put it in a Limbecke, and distell it, vnto thys water

water that commeth of it, let theſe ſpices folowing bee put well beaten to poulder, that is to ſay, Cloues, Synamom, Bengewin, ſtorax calamita, of eche of them halfe a dragme: and then again diſtill it in Balneo Marie. Finally you ſhall put to it Muſke, and Amber, in all, halfe a ſcrupule, and let the water be kept in a violle, or other veſſell of glaſſe well ſtopte.

¶ The fyfte ſweete water.

TAKE fower pounde of Damaſke roſe water, Lauender water, Spike water, of eche of them three vnces, the water of bloſſomes of Lymons, or Orenges, the water of the bloſſomes of a Myrtell tree, bloſſomes of Jaſemin, of Maioram, of eche of theym halfe a pounde, Bengewyne, Storax calamita of eche a dragme, Muſke halfe a ſcruple. Mengle well all together, and keepe it in violles well ſtopte fyre dayes. Then dyſtylle it in Balneo Marie, and keepe the water in a veſſell of glaſſe, by the ſpace of fyfttene dayes in the Sunne, and afterwarde reſerue it for to ſerue youre tourne, when you wyl occupie it.

¶ The fyxte odoriferous water.

TAke freſhe flowres of Roſemary two pound, Amber a ſcruple, three pounde of the water of the flowres of Orenges, Lemons and Citrons, all confuſely together, which the Frenche men cal eau de naphe, leaue al together in ſome veſſell wel ſtopte tenne daies. Then the water beinge diſtilled in Balneo Marie, let it be kepte in a violle of glaſſe verie cloſe and ſtopped.

¶ The ſeuenth ſweete water.

TAke of the foreſaied water of Naphe, foure pound, Damaſke roſe water, twoo pounde, wyth halfe a ſcrupule of Amber. All theſe thinges beyng well mired together, and put in a violle of glaſſe wel ſtopte, leaue them in the Sunne by the ſpace of a moneth, and then keepe them to occupie at your pleaſure.

The

¶ The eyght odoriferous water.

TAke fowre pounde of Damaske rose water, wyth fire vnces of Lauander water, the flowres of Jasemin thre poũd, with half a scrupule of fine Muske. Kepe wel all thys together in a vessell wel stopt, by the space of tenne dayes: and after dystyll it in Balneo Marie, vntil al be come out. Then kepe it in a violle of glasse for youre vse when you shall occupie it, and you shall finde it a merueylous water.

¶ The nynth sweete water,

TAke the Pilles of Orenges, and of greene Citrons of eche of them halfe an vnce, Cloues a scrupule, ỹ flowres of Spike newely gathered fire vnces. All these thinges muste be mixte together as afore is said, with fire pounde of Damaske Rose water: and after they haue stande certaine daies in some couered vessel, you muste styll theym in Balneo Marie. And the water that shal come of it wyl be very excellent.

¶ The tenth odoriferous water.

TAke twoo pounde of the leaues of Damaske roses, Macaleb halfe a dragme, halfe a scrupule of good Amber: ỹ hauing first beaten that which is needefull, sette all vpon hote ymbers twoo or thre daies: but before you distille it, you muste let it steepe ten daies, in ten pounde of the water of Damaske roses, and so than distill it in Balneo Marie. The water of it muste afterward be kept in the Sunne the space of fiftene daies.

¶ Oyle of Orenges verye excellent.

TAke a pound of swete Almondes well pylled, the flowers of Limons or Orenges, asmuche as you wyll, the which you shall deuide into three equal partes: After this you shal laye the thyrde parte of the same flowers abroade vpon a very white linnen clothe in a sieue, strowinge also abroade vpon those flowers halfe of the sayde Almondes, the whiche you shal couer with another thyrde parte of the sayde flowers: And than

than the reſt of the ſayd Almondes, the which you ſhall couer finally with the reſte of your flowres, ſo that the Almondes may euermore be in ỹ middle of the flowres in the ſaid ſieue, & ſo leaue thē together by the ſpace of fyre dayes, renewinge and chaunginge euery daye the flowres, and than the Almondes. This done, you ſhall beate the Almondes in a morter, and preſſe them in a faire white linnen cloth, in a preſſour, vntyl there iſſue out a very cleare oyle, whervnto you ſhal adde a lyttle Ciuet, Muſke, and Bengewine. Afterwarde leaue it in the ſonne eight daies, in ſome veſſell wel ſtopped.

¶ Oyle of Iaſemine, and of violettes.

TAke ſweete Almondes well pilled and brayed, the flowres of Iaſemyn as much as you will, and layeng them ranke vpon ranke, you ſhall leaue them in ſome moyſte place ten dayes together or more, than take them away, and preſſe out the oyle in a preſſoure: the vertue of the which oile ſerueth for diuers thinges. In the lyke maner may you haue oyle of Violetes, and other flowres.

¶ Oyle of Nutmegges very parfyt.

TAke Nutmegges, of the beſt you can finde, and according to the quantitie of the oyle that you wyll haue: and hauing cut thē in ſmall pieces, you ſhall put to them as much Malmſey as wil couer them ouer in ſome veſſell of glaſſe or other, leauing them ſo the ſpace of three daies. Than take them out & ſet them to dry in ſome cleane place, by the ſpace of two daies. Fynally beate them at the fyre, ſprinkling them with roſe water: Than preſſe them as is before mentioned, in a preſſour: and you ſhal haue out of them an excellent oile good for many thynges, whyche muſte be kept in ſome cleane veſſell well ſtopte.

¶ Oile of Bengewyne very excellent.

Take

TAke syxe vnces of Bengewine, well beaten into pouder, the whiche you shall let dissolue a whole daye in oyle of Tartre, and Rose water, of eche a pounde: and than with a close pipe ye shall distill it thorowe a Limbecke, and so keepe it as a thynge most excellent.

Oyle of storax verye excellent.

IN lyke maner is made oyle of Storax. Take Storax liquida, what quantitie you wyll, and put it in Rose water two or three dayes, then distill it as the Bengewine was in the maner aboue sayd. Fyrst there issueth oute water, and then verye excellent and precious oyle.

Oyle of Myrrhe, good for them that haue theyr flesshe full of humours, and carrayne leane, for to make it tractable, quicke, naturall, and stronge.

YE shall take Egges harde rosted, and cute them in the middes, take away the yelke, and fill them vp with Myrre beaten into pouder, and put them in some moist place, where the saide Myrrhe may dissolue into oyle by litle and litle. This oyle maketh not only the face or other partes of the body soft and tractable, but also taketh away all cicatrices and skarres.

The maner to make that oyles shall neuer waxe mouldye, nor putrifie.

TAke for euery pounde of oyle two graines of salt, one grain of the filing of copper or brasse, as much roch Alom as salt, and boyle al the said things a litle together in Balneo marie: than straine it out, and let it stande eight daies in the Sunne. And then kepe such oyle as long as you will, and feare not, for it will neuer diminishe, putrifie nor corrupt.

Pouder of Iris.

TAke Iris electe, what quantitie you wyll, and after you haue well beaten it into pouder, keepe it, and temper

temper it also well with Rose water, and laye it than abrode vpon a sieue couered. Thys done, take storax Calamita, Bengewyne, of eche of theym halfe an vnce, beate them well into poulder, and make thereof an infusion into a glasse of Rose water, and hauinge poured it vnder the said sieue wel couered round about, ye shal afterward seeth it vpon the embers. And so the Iris wauinge cleane and dry, receiueth the parfume of the other substaunces. This poulder wil be excellent to geue and odoure vnto clothes or garmentes, & all other thinges.

¶Poulder of Violettes.

TAke Iris, knoppes of Roses, of eche a pound, pylles of Cytrons drye. iiii. vnces, Gylleflowers, Sandalum citrinum, drye Lauender, Coliander, of eche of them two vnces, Nutmigges an vnce, Maioram dried, storax calamyta, of eche of them an vnce and a halfe, Bengewyn electe sixe vnces. Beate to poulder and sift fine, lye all the sayde thinges, and the poulder shal be made: the whych you shall kepe in a viole of glasse, well stopt that it take no vent.

¶A white poulder to put in litle bagges.

TAke Sandalum Citrinum, a quarter of an vnce, poulder of the best Bengewine that maye bee gotten, Iris, of eche of them an vnce, and boyle them in Rose water inough: than take burned Alom and well sifted twelue vnces, let it lie in the saide water & make pilles, or litle balles flatte at both endes, of ỳ biggenes of peason or bigger, ỳ which you shal dry in ỳ shadowe: and afterward beat them into poulder, & sift thē again, & than it is made. But if you wil haue it musked, take Ambre and musk, eche of them. xviii. graines, Cyuet xviii. graines, & mixing al this together, fill it wt̄ litle bagges of linen cloth, Taffeta, or other sylk the whych you maye laye amonge clothes, or other garmentes, a thinge verye excellent.

¶Poulder of Cypres.

Take

TAke a litle herbe that groweth and is found vpon the stocke or stumpe of Walnuttes or Okes, whiche is lyke little heare, and muste be gathered in Januarye and Februarye, when the wether is drye, drye it, and then washe it with fayre riuer or well water, and drie it ones agayne in the shadowe, and hauing washed it so three or foure times, you shal put it in rose water by the space of an houre: After beat it into poulder verye small and syfte it, but the sieue whereon you must strowe the sayde poulder must be alwayes sprynkled a litle with rose water, coueringe it well, to thintent it take no maner of vent: And after this you must parfume it with these things folowing, that is to say: with Bengewyn, Storax calamita, of ech of them two vnces, of the swete parfume called Thymiama, a dragme, Lauander half a dragme, Lignum Aloe, a quarter of an vnce. Beat ech thing by it self grossely, & than mingle them together and deuide them into foure parts, wherof one part must be set vpon the furnis in a vessel wͥin ẏ sieue leuing it there til it be all cõsumed, & do so wͥ al the .iiii. parts vntil al the pouder of ẏ said parfume be burned. But you must take heede that the panne, dish, or other vessell, wherein the saide pouders shall be put for to be brent, be set vnder the sieue, where your pouder is, and that the sieue be wel couered, that nothynge vent out, so that the pouder in the sieue may receyue all the said parfume. Than after take an vnce of the sayd pouder: and intermixe with it by litle and litle, sixe graines of Cyuet, and .xxvi. graines of fine Muske, wel beaten together in pouder. This pouder must be kept in a viole or other vessel of glasse very close, to thentent it take no vent, and muste also be set in a drie place. This is the most excellent pouder that a man can make. It is very true that out of Cipres and the east partes men bring to Venise certaine rounde balles of a yelowe colour, which they call Butri of an Ile nigh vnto Candy, called Butra, and saye that it is Oxe dunge taken vp in Maye, and diuers times sprinkled & watred with rose water than dried, and finallye made into rounde balles, the

whiche

whiche the parfumers do braye, and without any more parfuminge them in a ſleue, they adde vnto it Bengewyne, Muſke, and Ciuette, more or leſſe, according as they wyll make it good.

White muſked Sope.

TAke Sope ſcraped or grated, as much as you will the whiche (when ye haue well ſtieped and tempered in roſe water) leaue it eight daies in the ſunne: Then you ſhal adde to it an vnce of the water or milke of Nacaleb twelue graines of Muſke, and ſixe graines of Ciuet, and reducinge all the whole into the fourme and maner of harde paſt, you ſhall make therof very excellent balles.

Another kynde of odoriferous whyte Sope.

TAke Veniſe Sope of the eldeſt you can fynde, the whiche you ſhall cutte or ſcrape with a knife, and ſet it three dayes in the Sunne: And after haupnge well brayed it, you ſhall diſſolue it in a veſſell leaded within, with a pounde of good roſe water, lettinge it boyle with a ſmall fire, then you ſhall put to it of the roote of Iris, called Ireos, beaten into pouder. iiii. vnces amylum ſixe vnces, whyte Sandale two vnces, ſtorax liquida an vnce, Oyle of Spike an vnce, and ſturrynge it alwayes with a ſticke, ye ſhall afterward let it coole againe. And finally make balles of it, euen as you wil.

To make Damaſkyne Sope muſked.

TAke a pounde of the beſt Sope you can gette, and after hauing grated or ſkraped it very ſmall, take fyne Synamom, Nutmegges, ſtorax calamita, of eche of them an vnce, lignū Aloes two dragmes, Bengewin perfite and thorowly made two vnces, the pouder of Violettes an vnce. Hauing beaten well to pouder al theſe foreſayde things, you ſhall adde vnto them a dragme of the pouder of Cypres, a lytle Muſke, and Ciuet:

Ciuet: then keepe and temper it in Rose water, and after leaue it fourtie daies in the Sunne, in mouing and sturring it often times. Than make balles of it, or lytle rounde loues, the which you must keepe in bores of woode with cotton, wolle or bombase.

¶ To get out the milke of Macaleb.

Bycause the vse of the mylke of Macaleb hath been put in many compositions, as we haue saied, we wil teache you the maner howe to get it out, which shal be this. Take the Macaleb, whiche are litle soote and odoriferous grains so called, the which you shal stampe in a morter, with Rosewater, or some other sweete water, vntil they be like a sauce, and hauing put them in a poke of linnen clothe, you shall presse the milke out of them in a pressoure, or betwene two lytle bourdes. Then bray again, with the sayd water, that which shal remaine in the poke, and presse it a newe, vntil there issue no more milke. But here I muste aduertise you, ỹ this milke cõtinueth not aboue two or three daies: therfore you must immediatly put it in effect ¶ occupie it.

¶ Poulder of Ciuet verye exquisite.

TAke Sugre candy what quantitie you list, ¶ put it in a brasen morter: and after you haue wel beaten it, adde to it as much Ciuet as you wil: and make thereof poulder, ỹ which you must kepe alwaies close.

¶ A principall poulder.

YE shal take Damaskene Roses, Cipre Alerandrin, Sandalum citrinum, of eche of them an vnce, Iris halfe an vnce, Lignum Aloes, Calamus aromaticus, Galanga Bengewyne, of eche of them a carette, you shall make of all this a verye fyne poulder, and incorporate it well, keping it in a violle wel stopped.

¶ A white odoriferous poulder.

TAke Iris elecie three vnces, whyte Sandall two vnces, Damaske roses, Lignum Aloes, Benge-wyn, Cypre alexandrine, of eche of theym two vnces, Muske foure graynes, Ciuet three graynes: beate theym a parte, and sifte theym: then incorporate them together in the same brasen morter, that you dyd beate them in, and keepe the poulder of them in a violle well stopped.

¶ A redde poulder.

YE shall take Damaske roses two vnces, Sandalium citrinum an vnce, Lignum Aloes, Cypre alexandryn, of eche of them a graine and halfe a quarter, Iris half a graine or more, Cloues a scrupule, fine Muske three grai nes, Ciuet two graines, Amber two graines. Bray thē and mixe them together, and so kepe them.

¶ A blacke poulder

TAke Cipri Alexandrini, lignum Aloes, of eche of them halfe an vnce, Sandali citrini, Damaske roses, Labdani terreni, of eche of theym a quarter, Cloues a grayne, and a lytle more, muske three graines, Ciuet two graines, beate them in poulder and kepe them.

¶ Poulder of cypre verye exquisite.

TAke a pounde of the mosse of an Oke, and washe it well in faier water, vntyll the water remayne cleare: then laye it abroade vpon a table in the Sunne vntill it bee dried: after, sprinkle or water it, with Rose water: and hauynge lefte it so couered in a dishe or platter, you shall laye it a brode againe in a verie hote Sunne, when it is dry ynough to beate, beate it in poulder, and sifte it fynelye almoste all: you shal sprinkele or water this poulder, with Muske rose water, and laye it abroade vppon a greate sarce, tourned vowneward, good and thicke, and some what course,

vnder

vnder the whiche farce, you shall make a parfume as foloweth, couering it with a cloth, which shalbe thus: Bengelwine two Carrettes, Labdny halfe a Carret, Storax Calamita two Carretts, Lignum Aloes halfe a Carrette, fyne Muske halfe a Grayne.
Beate all these thinges grossely, and after mixe them together, then put by litle and litle the pouder vnder the farce in some potte sharde, with a litle fier in it, and caste it in as you woulde doe Frankencens, staying at euerye tyme, vntill the first part (first cast in) be consumed. Nowe all the saied perfume beinge doen, yf you will make the saide pouder very fyne and exquite, vnto euerye vnce adde these thinges folowynge, Bengelwine a Caret, Muske foure graines, Ciuet two graines, beate these by them selues verye small and fyne, and mingle them with the saied vnce of pouder, so that all maye be well incorporated together: than keepe it well for it is notable and singuler.

Another waye to make it verye perfecte.

TAke the recent and freshe dunge of an Ore, and drie it in the Sunne, or in an ouen, then beate it and sifte it, sprynkle it well after wyth Rose water, and leaupnge it so in a vessell, the space of a daye, drye it agayne in the Sunne. And when it is drye, bathe it agayne wyth Rose water, and drye it againe, and dooe so three or foure tymes. The laste tyme you shall water it or bathe it somewhat more then the other times, because it maye cleaue to the bottome of the vessell, whiche muste bee well leaded within, and verye cleane, after thys you shal remoue and sturre it wel, and perfume it with some perfume, that the other foresaied pouder was parfumed wyth. Than hauinge perfumed it diuers tymes, you shal lette it drye in the sayde vessel, takynge heede also that it take no vent. And after it is wel dryed stampe it, and sifte it a newe againe and then kepe it in some violle: and if you wyl make it verye fyne, take an vnce of the sayde pouder,

three graines of fyne Muske, foure Carettes of Bengewine, two graynes of Cyuet, braye and incorporate all well together, and kepe it.

A swete and odoriferous pouder, verye excellent to laye in cheftes and cofers.

TAke the buddes of Roses as manye as you wyll, and drie them in the shadowe: than set them abroade when the sonne is moste hotest in a cleane vessell, putting to them suche a quantitie of Rose water as wyll beare them vp, and sturrynge them well, leaue them in the Sunne (couered with a linnen cloth) vntyll it bee hote. And whan they bee drye, and haue dronke vp all the rose water, take for euery pounde of Roses, ten graines of Muske, and a quarter of fine violettes beaten smal into pouder, in putting to them by litle and litle of the saide pouder, and stirring well all together, vntill thei beginne to bee incorporated: but before you put in the saied pouder, dreane and powre out the water of the sayd vessel, that there remaine not a droppe in the bottom. This done, lay the sayde roses abroade in a basen of copper, or of braste, which is better, and let the sayde basen be plaine and euen, not imbossed, and set them in the Sunne when it shineth most hotest, couering them ouer, so that neuertheleste they may drie, than make a pouder of them and kepe it.
And if you wil giue a swete odour or sauour vnto your garments, take the said Roses so dried before your beat them in pouder and put them in some litle linen bagge very fyne, the whiche you maye laye in your cofers, or where your apparell lyeth.

An odoriferous and sweete pouder.

TAke the buddes of redde Roses, and bray them in a morter, as thoughe you wouide haue the iuyce out of them, than set them in ỹ hote Sunne, sprinkling them with Rose water, and so water them and drie them againe oftentimes, and than make of them a pouder,

poulder, the which you shal parfume with the poulder of Cypre, as the other aforesaid, and kepe it in a vyole.

¶ Oyle of Bengewyne.

TAke Bengewine as much as you will, and lay it vnder a dungehill in a vyolle or glasse well stopped (so that it take no vente) by the space of fiftene or twentye dayes: Than straine it, and kepe it in a vyole, for it is a singuler and deintie oyle.

¶ A very good and odoriferous poulder, to carrye aboute a man or to lay in coffers.

TAke fourtene vnces of roses newly dried, fine cloues twoo dragmes, the seede of Spyke a dragme, Storax, halfe an vnce, fine Synamom halfe a dragme. Braye them, and kepe theym in a violle wel stopped, you may also put to them (if you wil) two graines of fine Musk, Ligni Aloes halfe a dragme.

¶ Balles agaynst the pestilence or plague, whiche also geue an odour vnto all thinges.

YE shal take storax, one part, Labdani one part, cloues half a part, Campher at your discretion, but lesse then of any of ỹ other substaunces, of Spikenarde a good quantitie, and of Nutmegges also, of al this make past with Rose water, in the whiche you shal tẽper Gomme dragant, and Gomme Arabike, sturringe and brusynge them wel. Of this past you shall make balles to holde in your handes, and to smell to.

¶ A princely licour.

TAke Muske, Ambergrise, Ciuette, of eche of theim foure graines, braye all together, & incorporate it with a litle oile of swete Almondes, and make ther of a licoure, whiche you shall kepe in a vessell of yuorye well stopped, and vse of it as you vse Ciuet.

¶ Liquide and softe sope of Naples.

TAke stronge lie, wyth two partes of the asshes of the wood of the tree called in latine cerrus, whiche is a kind of tre like to a poplar, hauinge a streight longe stem bearinge a kinde of masse, roughe without like a Chestin, and one parte of quicke lime, and make it so stronge that it maye beare a newe laide egge swimminge betwene two waters. Take eighte potfulles of this lie very hote, a potful of deeres grease or suet wel strained cleane: mingle them and set them on the fyre, but see that they seeth not. Put all in a greate vessell leaded within hauynge a large bottome, leauynge it in Sommer in the Sunne, and styrrynge it foure or fyue times a daye with a sticke, and note that you musse set it in the day time in the sunne, and ỹ nyght time in the ayre abroade, so that it raine not, continuing thus the space of eight daies. Let it ware as firme and as harde as you wil, so that it remain neuertheless in the forme of past, and the older it is, the better it will be. Than afterward take of this masse or past, as much as you wil and put it in a vessell leaded, styrringe it well with a sticke, and adde to the same as much fyne Muske Rose water as you will: kepe it eyghte dayes in the Sonne, styrring it from time to time, as is aforesaide: and if it ware to harde, put Rose water to it, in such quantitie, that it be neither to harde nor to soft, and fil as manye litle bores with al, as you wil.

¶ To make the sayde sope musked.

TAke fine Muske as muche as you lisse, beate it wel in a brasen morter, putting to it Rose water somewhat warme, & hauing mired them wel together, put them in the vessell where your Sope is, mengling them well together, and let them stande a whyle, and than fil litle bores with it at your pleasure.

¶ Verye excellent muscardynes, whiche eaten causeth a sweete breath,

TAke Gomme dragant steped and tempered in Rose water, vntil it be soft and white, make therof as it were paste, & take of it the bygnesse of a Hasel nut, bray

bray it in a brasen morter, putting to it a little pouder of good Sugre, & halfe a grayne of fyne Muske, stiped and tempered in Rose water, mire al wel together. And if you wil haue it better, put to it more Muske and Sugre, and than as muche Mace beaten in poulder as will lye vpon a pennye, and mire it againe well together, than put to it a little of the meale or flower of amilum beaten into poulder: but it were better to putte in redde Sandal, wel broken in sonder, indifferently, and to put it in by litle and lytle, so muche that a man may make of it conuenient paste, the whiche you shall cutte after your fantasye, and drye it in the shadowe. And yf you will haue it of diuers coloures, adde to it suche coloures wel grounde as you please. Prouided that they be colours, wherein there is no poyson or daunger: you may also gylte or couer with syluer the sayde pieces, as men do confitures, and they wyll be verye good and of the best making.

¶Another very excellent and princely muscardyne.

TAke Gomme Arabike. v. vnces, fine Sugre. iiii. vnces. amylum. iii. vnces, and for eche vnce of these foresayde thinges. x. graines of fine Musk which wyll mounte in the whole to a hundred and twenty graines and than it wyll be perfyt.

¶Dentifrices or rubbers for the teeth of great perfection, for to make them cleane.

YE shal take pouder of redde Corall. iiii. vnces, of the shardes of Galleye pottes two vnces, of cuttle bone an vnce, of a Pumeyse stone an vnce, cloues, Synamom, and Masticke of eche of them a dragme, Perles stamped halfe an vnce, Dragons blond an vnce, fyne Muske. iii. graines, stampe wel the whole and sift it thorow a farce, than mengle it wel together & incorporate it with Gomme dragant tempered and stiped in Rose water, make al into dowe or paste, and make therof dentifrices to rubbe your teeth with, to make them white wherwith you shal not only make them very fayre, but also preserue them from putrifaction.

¶Oyle of Bengewin odoriferous.

PUt a pounde of bengewyn wel beaten in poulder into some shorte and wyde vessell, so ỳ you maye put in your hand, than put to it two pounde of Rose water, & mire al wel together, and so couer it wᵗ a Limbecke or stillitory of glasse, wel bounde with a linnen cloth, and al the ioyntes and sides wel stopt. Giue it at the first a litle fyre, vntill all the water be drawen out (and this is the water that we spake of before) and afterwarde encrease your fyre by litle & litle, and then you shal se the oile come out, and incontinent set vnder another cleane recipiente to receiue the oile, and make vnder it a great fyre, to the intent that al the oyle may come out, the which being all distilled, there wyl come furth a certayne Gomme, like vnto Manna, the which wyll be verye good to keepe. And whan you will make swete or odorsferous water, take a violle ful of cleane wel water, and put into it a lytle of the sayd Gomme, and it wyl make it smell swete, but you muste styre it well. If you will haue it better, take Rose water, and not wel water.

¶Oyle of storax calamita.

TAke storax calamita as muche as you wil, with such a quantitie of Rose water as pleaseth you, & put it in a large potte, not closinge the ioyntes or sides, but let the Limbecke be a litle at one side, to the intente it may take ayre, and alter not the fire, but kepe it accordinge as you shal se shalbe nedeful. And whan the oyle commeth, chaunge the recipient, and than make a greater fyre, and receiue the oyle, and kepe it, for it is a singuler and deynty thinge.

¶To make oyle of Labdanum.

Take

TAke fine Labdanum, and mundifie it wel, & do with it as you dyd with the Bengewyne: But yf you wyll haue it otherwise, you maye take as much as you will of it, and hauinge broken it in small pieces putte it weete into a vessell of brasse, puttinge to it a pounde of Rose water, and halfe a pounde of the oyle of swete Almondes, couer well the vessell with his couer, and stoppe it with linnen cloutes plaistered ouer with clay or other matter, setting it so to dry: then afterward set it vpon a little fyre that it may boile faier and softely two or thre houres. This done, you shal take it from the fire, & let it cole before you vncouer it, than take it quickely out, & put it in a viole. And (to the ende to preserue it ẏ better) put to it a litle roche Alom burned, or elles a litle Ambergryse. And when you wil put it in the viole, you must put it in as cleare as is possible.

¶ Oyle of Nutmegges.

TAke what quantitie of Nutmegges you wyll, the whyche well broken into pyeces in a morter, you shall putte in a large or wyde vessell, powrynge vpon them a little Aqua vite, so that the Nutmegges maye be thoroughly wette. Let them stande so two or thre dayes, in styrringe them sometime, and turninge them vpsyde downe, and see that the sayde vessell be well stopped, then adde to it as muche Rose water as wyll be aboue the Nutmegges, twoo or three fingers highe, and couer them with the Limbecke, closinge it well. Distill them at the firste with a small fyre, vntyll all the water be come out: than chaunge the recipient, and augment the fyre, so muche, till you cause the oyle to distille out, and whan you see that al is almost come furth, make your fire very great, and kepe the said oyle in a violle.

¶ Another maner.

Take

TAke a pounde of Nutmegges, the whiche beynge well broken in pieces, you must put in a newe vessell of earth well leaded within, than powre vpon them Malmesey, or some other wine, vntill they be al couered, and that the wine be abous the Nuttes two fingers high: After this you shall put to it at the leaste two pounds of freshe butter, and mingle all together, stoppinge or coueringe well the vessell, and leaue it in the heate of the Sunne in some panne, or in some other hote place, by the space of four or fiue daies, than boile it vpon the hote coles with a smal fyre, vntyll the wine be consumed, than straine it thorowe a newe course linnen cloth before it be coole. This done, set the oyle certaine dayes in the Sunne, in a violle of glasse, vntil the thicke substance be descended to the bottome: Fynally straine it so again thorough a newe course linnen cloth and put it in another violle, and so kepe it.

¶A very exquisyte sope, made of diuers thinges.

TAke aluminis catini thre vnces, quicke lyme one part, stronge lye that will beare and egge swimming betwene two waters, thre pottels, a pot of common oyle mengle al well together, putting to it the white of an Egge wel beaten, and a dyssheful of the meale or floure of Amilum, and an vnce of Romaine or blewe Vitriol, well beaten into poulder, and mire it continually for ỳ space of thre houres, then let it stande, by the space of a daye, and it will be ryght and perfyte. Finally, take it oute, and cutte it in pieces: after sette it to drie two daies, in the winde, but not in the sunne. Occupie alwaies of this sope, when you wil washe your head, for it is verie holsome, and maketh faier heare.

¶Sope with Cyuet.

TAke of the saied Sope as much as you wil, and set it a while in the Sunne in Rose water, putting to it the ponder of Cyuette, and miringe it well. And

if

if you adde to it also Muske, it wil be the better, so that the Muske haue been before steeped and tempered in Rose water.

¶ Sope with diuers sweete and excellent oyles.

TAke of ỳ foresaied Sope, which hath stand a while in the Sunne in Rose water, and put to it a lytle of the oyle of Bengewyne, or of some other odoriferous oyle, and myre it well: but you muste putte in of the oyles reasonablie, neither to muche nor to lyttle, but with discretion, accordinge to the quantitie of the Sope.

¶ Sope rosat.

TAke freshe and recent roses wel stamped, and incorporate them with the said Sope, as before, the whiche you maye also doue at your pleasure of al other sortes of flowres.

¶ White Sope of a good sauour and odour.

HAuing cutte, after the maner of Damasco, in smal pieces the oldest Sope that is possible to be founde, you shall laye it abrode vpon a table, in a place where it maye drie, than hauing lefte it there, the space of eyght and .x. dayes, you must afterward stampe it lightly or slenderly, and make thereof poulder: and the same being sifted, you shal adde to it foure vnces of Ircos, vppon tenne pounde of the sayed poulder white Sandall three vnces, two vnces of Macaleb, an vnce of the meale or flowre of Amylum and all well beaten into poulder you shall myre it with tenne pounde of the pouder of the aforesaide Sope: then al beinge ioyned together, you shal put it in a morter, with an vnce of storax liquida and a walnut shelful of the oyle of Spike, and hauing wel stamped it altogether, it shal be made. Then afterwarde make balles or square cakes of it, as you wil, with the meale or flowre of Amilum: then dry in the shadowe, & kepe them, for it is a thing very excellẽt.

¶ Perfecte

¶ Perfect ſope.

TAke ſyxe graynes of Muſke tempered and ſteeped in good Roſe water, foure graynes of Ciuet, reduced and beaten into poulder, and myngle theym with the ſaied Sope, but ỳ tempered or ſteeped Muſke muſte be hote, and by this meanes you ſhall haue a verie perfect Sope.

¶ Whole and maſſy blacke Sope.

TAke tenne pound of the ſaied poulder of Sope well ſifted, Cloues foure vnces, of good Mace two vnces, damaſke Macaleb, Cyperus which the Apotecaries cal Iuncus odoratus, Sandali Citrini, Storax liquida, of eche of them an vnce, ſwete oile as much as ſhal ſuffice: and hauing ſtamped that which ought to be ſtamped, make of it as is aboue ſaied. But if you wil haue it more ſinguler, put to it Muſke tempered in Roſe water, as afore, with a litle Ciuet, after incorporate wel al together & make thereof balles or ſquare cakes, or hartes, or ſuch other formes, as you luſte to make your ſelfe: then dry them in the ſhadowe: and ſo ſhal you finde them of a ſinguler good odour and ſauour.

¶ Damaſke parfume.

TAke fine Muſke foure graines, Ciuet two graines Ambergris, fine Sugre, of eche of them foure graines, Bengelwin a graine, of ſatte Storax calamita three graines, lignum Aloes two graines: beat them wel in pouder, and put al together in a litle parfuming panne, powre into it as muche Roſe water, or the water of the flowres of Orenges, Citrons, and Lemons, all together, called water of nafe as wyll bee two fyngers highe aboue the other drogges, in makynge vnder it a ſmall fier that it maye not boyle, and when the water is conſumed, you ſhal powre in other: and hauing continued thus doynge a certayne number of dayes, you

ſhal

shall haue an excellent Sope.

Another perfume of Damaske.

TAKE storax calamita, foure vnces: Bengewyne foure vnces: Labdanum, Liguum aloes, Synamom, of eche of them an vnce: sparma ceti, a dragme, Muske, foure scrupules, cloues, a dragme, Rose water eyghte vnces, stampe them and putte them in the parfumynge panne.

An excellent sweete suet or oyntment called in Frenche and Italian, Pommade, in Latyne Pometum.

TAke. xvi. or. xx. Pepins, or other swete and melowe apples, the whiche beinge pared and cut in quarters, you shal adde to euery quarter foure or syre Cloues, then putte them in some vessell of earth well leaded within, with as much Rose water, as wyll coner them ouer. Then couer them with a trenchour or some other cleane thynge lettynge them so stande one whole daye. And after powre them all in some newe vessell well leaded, putting to it foure pounde of freshe hogges suet, well taken from the flesshe and skinne cut verye small, and well chopped with a knife: make vnder it a small fier that it burne not, than in straining it out, you shal make it droppe into some vessel of fresh and cleare water, and so purifie the grease thre or foure dayes, keping it in the same vessell, and chaunging often tymes a daye the sayde water: for the oftner you chaunge it, the better you shall purge the grease. Than take out the sayde seyme, the apples and the rose water together, and take the fatte oute of the vessell, straining it well, and addynge to it Spikenarde, with two vnces of Cloues, an vnce of Synamom, a quarter of sandalum citrinum, an vnce of Bengewine, and as muche of storax calamita. Braye all these kindes together, and put it in a fine linnen clothe, in maner of litle purses: but let the cloth be somewhat large, and binde it wel that the said kinds scatter not abroad among the grease.

greaſe. Then make it boile with a litle fier, far of from the flame or leyt, or ſet before it ſome tyle or bricke letting it boyle ſo faire and ſoftlye, foure or fiue houres, vntill all the roſe water bee baniſhed awaye, whiche may be proued in this maner. Put a lytle ſticke downe to the bottom of the veſſell, and plucke it oute agayne quickely, and put it in the fier: and if it burne without any noyſe, it is a token that there is no moore water: but tarye vntill it bee all well conſumed, ſturringe it ſometime, to the entent it burne not to, or ſmell of the burning. Beware alſo of the ſmoke, for if it take once ye ſauour of it you can neuer get it out, & when all is wel ſodden, take eighte vnces of white ware, and put it in the ſaied veſſell miring all together, and let it ſo melt with the ſaid ſubſtaunces, the whiche you muſte nowe and then ſturre. This dooen take it from the fyer, letting it ſtande and reſt a quarter of an houre, that is to ſaye: vntill the groſſe ſubſtaunce bee deſcended to the bottome: then powre it faier and ſoftlye thorowe two newe courſe linnen clothes, into a veſſell well leaded within, wherein muſte bee two diſhefull of Roſe water: but take heede of preſſinge it, ſo that the lees come not oute into the ſame veſſell (but into another) for it woulde be ſomewhat red. Let it ſo coole vntill the nexte morning, and whan it is ſolide, harde, and maſſy, deuide it into foure partes, and put it into a round veſſel leaded, ſtyrring it well with a peſtle, addinge to it by litle and litle good and fyne Muſkte roſe water, and ſo ſtyrre it vntyll it be wel incorporated. Nowe, if in caſe you ſe that it doth not wel incorporate together, ſet it a litle vpon the fyre, & when it is hote, powre roſe water vpon it ſturring it well about, vntill it ware verye fine and thinne, but take good heede to the fyre. And ſo kepe it in newe and cleane veſſells.

Another ſweete Pomatum of the ſame ſorte.

TAke Pippyns or other lyke melowe Apples, and laye them vpon a tyle for to bake in an Quen, then take

take oute the kore and the kernelles, and make them cleane within, braynge and breakynge the rest, and straine it through a fyne canuesse or straynour. This done, take as much fat or grease of a kidde as you haue Apples and straine it likewise, boyling it all together in a newe vessell well leaded, vntill the rose water be consumed: than adde to it Muske, Cloues, Nutmeggs and such lyke substaunces of a reasonable quantitie, according to your discretion: prouided alwayes that they be wel braied and broken in pieces, as is aboue sayed, and boyle them in lyke maner aforesayed, then straine them and keepe them.

Another of the same.

TAke freshe barrowes grease and put it in a newe vessell, with rose water vnderneth, and whiles it melteth in the same, you shall take out that which is melted, to the ende it smell not of the fyre, than put it in cold water the space of. x. dayes raising and lifting it vp euery day. iv. or. v. times, & stirring it at eche time chaunging alwayes the water. Than take of the saied Apples, & purifie them cleane of their kernels, cutting them in quarters not pared: this doen laye them three dayes to steepe in Muskt rose water: take also fyftene Cloues steped a day in colde water often tymes renewed, and putting them after in a fine linnen cloth, boilyng them in rose water with a small fyre, the space of an houre: than hauing well scommed away all the ordure and filthe, put in three vnces of whyte Ware, and make it seeth a lytle, and after straine it into a newe vessell well leaded, leauing it so all a night. This done you shall take oute all the white Pomatum, and because there wil remaine a litle ordure in the bottom, you shal put it in a morter with rose water, & fyre it: the more you do seuer it a sonder in fyring it, and put rose water to it, the more shal you fine it: but you must se that the morter be cleane. Than take the tallowe or grease of a younge barrowe, and steepe it in colde water, leauing it so the space of foure daies, but you must often

chaunge

chaunge the water, and purifie the saied greace well of all the little skinnes that is in it, veynes, and grissels. Take likewise twenty of the forsaied Apples, and for eche Apple put in thre or foure Cloues, and hauing deuided the Apples in four quarters cores and all, stampe them a lytle. Than take the sayd tallowe or greace and put it in fine rose water, vntill the saide water be consumed, and after you haue boyled it faire and softly, put in the saied Apples stamped, and make them boyle, adding to it a litle fine Synamom, Spiknard, Nutmegs and other spices such as you thinke good. And when it hath boiled inough, straine it thorow a linen cloth, into some cleane vessel. It shuld be wel done to put to it a litle calues tallow wel purified in the maner aforesaied. And when it is sodden and strained, mire altogethers and put it in a cleane vessel, it is a very exquisite thing.

Excellent Ipocras.

TAke an vnce of Synamon, of Ginger. ii. dragms, Melligetta three dragmes, Cloues two deniers, Nutmegges, Galanga, of eche of them a denier, stampe all and put it in a telley bagge or strainer, then take a pint of the best redde or white wine you can get, or a pint of good Malmesey or other strong wine, mire well all togethers, than take a pound of Sugre fyned, and hauing stamped it, put it into the other wine, and so poure it vpon the strainour, wherein you did put the said wine with the spices, than hauing taken it oute, you muste powre it on againe, so often vntil it become as cleare as it was before, styrring it sometime in the strayner or bagge: and here note that this is to make but a flagon full. Wherefore, if you wyll haue more, you must take a greater quantitie of the said thynges. And for to make it verye excellent, you maye bynde a lytle Muske in a fine linnen clothe at the ende of the strainer, so that all the substaunce maye passe ouer and vpon it, the which by that meane will receyue the odour and sent of the saide Muske.

To make litle cuſſhins of parfumed Roſes.

TAke buddes of redde Roſes, their heades and toppes cut a waye, drie theim in the ſhadowe vpon a table, or a linnen cloth: water and ſprinkle the ſayde buddes with Roſe water, and let them drie, doynge this fiue or ſixe times, turning them alwayes, to the end thei ware not vinewed or mouldy: than take the pouder of Cipre, Muſke and Amber made into pouder according as you woulde make them excellent, for the more you put in of it the better they ſhalbe: put to it alſo Lignum aloes well beaten in pouder. Let the ſaide pouder be put w̄ the budds wete with roſe water Muſkt, mixing well the budds together with the pouder, to thend that al may be wel incorporated, & ſo ſhal you leaue them ſo al a night, couering them w̄ ſom linnen cloth or Taffeta that the muſke may not breath or riſe out. The whiche thinge done, take finallye lyttle bagges of Taffeta of what bigneſſe you wil, and according to the quantitie of the budds that you would put among all the pouder. Than cloſe vp the bagges, and for to ſtoppe vp the ſeames, you muſte haue your mixion of Muſke, Amber, and Ciuette, made as it were to ceare with, wherewith you ſhall rubbe all a longe the ſeames, to ſtoppe the holes made with the needle in ſowinge: You maye alſo ſowe ſome ribande (of golde, or ſilke, or of what you will) ouer the ſaid ſeames. Theſe be the beſt that a man can make: and (as I haue ſayed) the more Muſk, Amber, Ciuet, & Aloe you put in, the better thei will be. If you wyll make them with leſſe coſt, take ſuche buddes as are ſpoken of before, prepared and ordered in the ſame ſort, and in ſteede of Muſke and Amber, put in the pouder of Cloues, Synamom, Irios, and a litle Mace, obſeruing ſuche a maner of parfuming the buddes as before.

Matches or lytle lyghtes of a verye good odour.

TAke of Campher an vnce, of whyte Encence two vnces, beate them into pouder, and make thereof

litle rounde Apples, or balles with a litle ware, than put them in a vessell with Rose water, and lighte them with a candell, and they wyll geue a fayre lyghte, and a very good sauour.

¶ A composition of Muske, Ciuet, and Ambergrise.

TAke a dragme and a halfe of good Amber, and bray it vppon a Porphyre stone wyth oyle of Jasemin, fyrst alone, and than a lytle wyth Muske, as much as shall suffise. Thys doen, adde to it Damaske roses and Bengewin, of eche of them an vnce, Irios a dragme and a halfe: All these thynges beaten in poulder, and strayned or sykted, you shall braye with a dragme of Ciuette, vntil they be brought into the fourme and maner of an oynctment. This done, kepe it in a Horne, or vessell of glasse wel closed.

¶ A parfume for a chaumber very excellent.

TAke storax calamita, Bengewyne, Ligni aloes, of eche of them an vnce, coales of Willow well beaten into pouder. v. vnces. These things myxed with Aquauite, as much as wil suffise to make paste, make therof litle cakes, or other formes what you will, and so kepe them. And whan you wil vse or occupie of it, put it into the fire, for in consuming, litle & litle, it wil make a singuler good odour in the place where you burne it.

¶ Sope of Naples.

TAke Deares grease, or the Tallow of a Cowe, or yonge Calfe, or of a Kidde a pounde, put it in a vessell of earth wel leaded: & after you haue wel strayned it, put vpon it, with discretion to much nor to litle of Sope makers lie, the first best, and strongest of three sortes that they vse, called the maister lie, and kepe the saied grease in the heate of the Sunne, mirynge it well there, and likewise in the night abroade in the ayer: but take hede that there come no water to it. Whan you se

that

that it is somewhat drie, put to it againe as muche as shall neede of the seconde and thirde lie, mired together which sope makers vse: rubbe a litle vpõ your hand being cleane, & if it make a frothe, it is a tokẽ it is made.

¶ Parfume for a Lampe.

TAke Ligni aloes, a quarter, Begewine an vnce, storax calamita halfe an vnce, Muske a scruple, Ambergreis halfe a scruple, Rose water inoughe. You shal putte al these thynges well beaten to pouder into the Lampe.

¶ A shorte parfume.

TAke a glassefull of Rose water, Cloues well beaten in pouder, a penny weight: than take the fire panne, and make it redde hote in the fyre, and put theron of the saied Rose water with thesayd pouder of Cloues, making it to consume by litle and litle, but the rose water must be muskt, and so you shal make a parfume of excellent good odour.

¶ An odoriferous parfume for chambers.

TAke Thimiama a pound, storax liquida two vnces, storax calamita three vnces, Labdanum an vnce, coales of Willowe and Tragacantum as much as you wil: but steepe or temper the pouder of the coales, and the Tragacantum with Rose water, and let it lie so three dayes a steepe in the same water, and then make therof paste.

¶ A very good parfume for to trimme gloues with litle cost, and yet will continue longe.

FIrst let the gloues bee great, and of good thicke leather, to the which you shal giue a little Cluet all a longe the seames: Than washe them in rose water, twise or thrise, pressing thẽ hard: this doen, take two parts of rose water, one part of the water of ỹ blossomes of Pirtell tree, mingle them together: adding to

it two partes of the water of the flowres of Orenges Lemons, & Citrons, called of the Frēchmen, eau de nafe, and washe them so long therwith, that they sauour no moore of the leather: then laye theym in a platter, and leaue them there couered with the saied water, & pouldered ouer with the poulder of Cypres, by the space of a day or twaine. This dooen, take them out, and presse them a litle, and so drie them in the shadowe. When they bee half drie, geue them a litle Ciuet in this wise put asmuch Ciuet as you shal thinke good in a dishe, with a litle oyle of Jasemyne, that is not old, the whiche you shal make to dissolue before the fier, than annoynt therewith the gloues within side, and rub them wel betwene your hands chafing them at the fier, vntil you thinke that the ciuet be perced and gone thorow them, and leaue them so a while. Then after rub them wel with a clothe to the ende the Ciuet maye perce the better, and the gloues ware soft: then draw and stretch them out abrode, leauing them so the space of a daye, & when you shal thinke they be humide and moyste, enlarge them and blowe them and puffe them vp: leaue them so vntil they be halfe dried. Than take good parfume to burne, & hold them ouer the smoke of the saide parfume, to the end that it maye perce and go into the inner partes of the gloues, and parfume them within side. This shal you do thryse a day, the space of twentie daies, weting them at eche time with a lytle parfumed water, & wrapping them with some white linen cloth: than take Muske and Amber as much as you will, and put it in a tinne platter, w̄ oyle of Jasemine or Bengewine or some other oyle: let them wel dissolue at the fier with a lytle parfumed water, than annoynt them with a pensel on the out syde, and not within: annoint also the seames with ciuet, and lay them certein daies among dries roses. Finally lay them for ỹ space of. iii. or. iiii. daies betwene two matresses: then will thei be excellent, as if it were to present an emperour withal.

A verye excellent ciuet to parfume gloues, and to annoynt a mannes handes with.

Take

TAke three pounde of white wine, the tallowe or greaſe of a Gote, ſhepe, or Kidde, a pound: boyle al together w̄ a ſmal fier vpon the embers or coales, in a couered panne, than take them from the fyer, and when they be coole againe, put them in a platter with cleare water, & waſhe them wel fiue or fire times and put them againe in cleare water al a night. Thys dooen, take a pound of roſe water: two pound of white wine: and w̄ this boile the greaſe vpon the coales with a ſmal fier, vntil one half be conſumed: thā take ſwete Nauewes, & roſt them vnder the aſhes, but burne them not. And for eche pound of greaſe, take halfe a pounde of the inner white of the ſaied Nauewes, & boyle it in roſe water, the ſpace of halfe an houre, than ſtraine it and put it into a morter with oyle of Jaſemin, or of Citrons or ſuche like, or els with a litle Campher: After this you ſhall take a diſhe or the bottome or foote of a glaſſe, wet within with Roſewater, wherin you ſhall make the forme and facion of the Cluette, addyng to it firſt of all three vnces of Ceruſe, well beaten in pouder for euery pound of tallow or greaſe, and it will be an excellent and princely thing.

¶ Oyle of Roſes and floures, very parfit.

TAke the ſeede of Pillons wel mundified and ſtamped, and lay them by rankes or by beddes, with the flowres of Roſes, by the ſpace of. viii. daies, then take a litle linnen bagge wette in Roſe water, or in the water of other flowres, in the whiche bagge you ſhall put the ſeede: and hauing wel bounde it, put it in a preſſour, and preſſe oute the oyle, which will be very precious, and the which you muſt kepe alwaies cloſe.

¶ Oyle of Cloues very noble.

TAke Almondes mondified and made cleane with a knife, and broken in pieces, ſtiepe or temper theym

in Rose water, than dresse them in this maner. Take Cloues stamped, and temper or lay theim in Rose water, & couer the vessel diligently, leauing them so vntil the water haue taken the vertue of the Cloues: put also the Almondes in the said water, and leaue them ther vntil they be swollen wᵗ the water. And after you haue taken them out and dried them in the Sunne, lay them in the water againe to swell, and afterwarde let theym drie well as before, continuyng thus. v. or. vi. times: Then put them in a presse, and presse out the oyle, whiche you shall kepe in a cleane vessell well stopped. In this maner may you make oyle of Muske, of Amber, of Bengewine, of storax calamita, of Aloe, of Synamom, of Mace, and of Nutmegges. You may make them also in diuers sortes, and put to them Aqua vite.

To make an excellent parfume to parfume Chambers, garmentes, couerlettes, Sheetes, and al other thinges, belonginge to any Prince.

TAke pilles of Citrons dried in the shadowe, and if you can not get of Cytrons, take of Lemons, or Orenges, or if you can get none of these, take the leaues of Roses eyther greene or dried, accordinge to the season of the yeare: and whatsoeuer is of al these thinges abouesaid, you must occupy it whole or by smal pieces, and not in poulder. And whan you will make the parfume, take of the sayd pieces as much or as many as you wil, and annoynte them well with Ciuette on euery side: after lay them vpon some coles in the mides of the chamber, or some corner: as you list, this wil geue a very pleasaunt and precious odoure throughout all the Chaumber. If you wyll yet make it better, you may put with the Ciuette, Muske, and Ambergrise, as much as you wil: and if you desire to make it with lesse coste, and yet neuertheless very good, take Rose water of the flowres of Orenges, or such other odoriferous & swete water, with Oyle of Jasemin, or of Cloues, or such like at your pleasure, wᵗ the which you shal temper and

and ſtyepe Storax calamita, and a little Lignum Aloes, yf you haue any, if not, you ſhall do well inough without it: adde to it as much Ciuet as you wil, and make a licour therof as thick as ſaulce, wherwith you ſhal annointe the Citron or Orenge pilles: than lay them ſo vpon the coles, and it wyll be an excellent thinge, and contynue twiſe as longe as it would do, if you burned the odours without the pilles, and beſides that it maketh the parfume to dure longer, they make alſo ẏ compoſition farre better and perfecter. If w̄ the ſaid parfume you woulde parfume lynnen clothes, Sheetes, or other lyke thinges, make it in this maner. Put the linen, and thinges that you wyll haue parfumed, in a cofer, that hath no chinckes, cliftes, chappes, creſſes, holes, or is broken, wherby the ſmoke may haue iſſue out. You muſt range and laye your linnen and other thinges on eche ſyde of the cofer, leauing a place in the myddle to ſette a lyttle panne, or other veſſel with fyre in it, and the ſaid pilles to parfume theym, you may alſo laye clothes vpon the lydde of the cofer. This done, you muſt ſet in the middle the lyttle veſſell wyth coales, and alſo the pilles: and hauinge ſhutte the cofer, you muſt let all the parfume burne out, not openinge the cofer of longe tyme after. And hauinge thus taried, open the cofer, and tourne your linnen and other thinges, to the ende to parfume them on the other ſide that is not parfumed, and put in newe parfume, doinge as before, you ſhal fynde this of a great excellencye, ſo ẏ the cofer it ſelf ſhall be ſo well parfumed w̄ it, that al that you putte afterward in it, ſhal ſauour of it. And if you wil, you may alſo parfume in the ſayd cofer other lytle coffers for handkerchers, & other thinges, as little cuſhyns, and bagges of Roſes, which are parfumed alſo with out ſyde, beynge kept in the cofers, for they geue alwaies an odoure and ſauour to thinges that you put in them.

¶ Rounde apples or balles to take out ſpottes of oyle or greaſe.

TAke purging Sope, or soft Sope, and incorporate it with the asshes of vines finelie sifted, as muche of the one as of the other, than put amonge ẏ said pouder Roche Alome burned, and the dry leese of wine called tartre well beaten into pouder, incorporate wel al together, & make therof litle round Apples or balles which you may vse to take out spottes of any garment.

¶ To make a paste for swete Beades or Beadestones.

TAke a pounde and a halfe of blacke earth well beaten into pouder, foure vnces of Gomme dragant, and lay it a steepe, or temper it in a morter, with as much Rose water as wil couer the earth with the saied Gomme dragant, and stampe it wel by ẏ space of halfe an houre, wt̃ these swete thinges folowing. That is to say: storax calamita, an vnce, pouder of Cloues halfe an vnce, Labdanum, halfe an vnce, Synamom halfe an vnce Sandalum citrinum, halfe an vnce: beate al into pouder verye finely, and mixe all together with the foresaied paste, than take it out of the morter, & braye it well betweene your handes, by the space of halfe an houre. And than you may make thereof Beades or Beadestones.

¶ The ende of the seconde booke.

The

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE THIRDE BOOKE.

¶ A goodly secrete for to condite or confyte Orenges, Citrons, and all other fruytes in syrop, which is a notable thinge.

TAke Cytrons, or other fruites, and cut them in pieces as you wyl, taking oute of them the Juyce or substaunce that is within them: than boyle them in freshe water aboute halfe an houre, vntil they be tender, and as softe as you woulde haue them. And whan you haue taken them oute, cast them in cold water, leuing them so vntil night. After this you shall set them againe to the fire in other fresh water, and do but only heat it in that water with a small fire, for it must not seeth, nor be to hote: but let it only simper a litle, you shal continue thus. viii. daies together, heating them euery daye in hote water, and puttinge them againe at nighte in colde water. Some heat the water but once a day, to thend not to make the citrons to tender, but chaunge the fresh water at night to take out al the bitternes of the pilles, the which being taken away, you must take sugre, or clarified hony & prepared (as we will declare afterward) wherein you must put the citrons, hauing firste wel dried them from the water. In winter you must kepe them frō ẏ frost, leauing them two or thre houres in a place mete for the purpose: and in Somer you shal leaue them there all a night, and a day, and a night in hony. Than boyle the hony or sugre again by it self, without the Orenges or Cytrons, by the space of halfe an houre or somewhat lesse, with a smal fyre, and beinge cooled, set it againe to the fire with ẏ Citrons, continuing so ii. mornynges

to

to the ende to bring the honny to hys perfection, accor-ding as nedde shall requier. If you wyll putte honnye in the water, and not Sugre, you may clarifie it twise, and straine it thorowe a strainer, according to the arte and maner, that hereafter I wil teche you, to the ende you may haue perfitelye the vse and facion of makinge all suche thinges. Nowe, hauinge thus warmed and clarified it, you shall straine it, and set it againe on the fier, with the Citrons onely, makinge it to boile with a smal fier, the space of a quarter of an houre: than take it from the fier, and let it stande and rest, at euery time you dooe it, a daye and a night. The nexte morning you shal boyle it againe together, the space of half an houre and dooe so twe morninges, to the ende that the Honnie or Sugre maye well and perfytlye bee incorpora-ted with the Cytrons. All the arte and conninge consi-steth in boylynge thys cyrroppe together wyth the Cy-trons, and also the cyrrope by it selfe. Wherfore he that hath no skyll in the boyling of it, will quickely lette it take the smoke, so that it shall sauour of the fier: but he that can trimme it wel, it is an exquisite and pleasant thing. In this maner maye al other fruites bee dressed: as ripe Peaches with the inside and skynne, Lemons, Orenges, Apples, greene Walnuttes, Letuse, well made cleane, and voided of their greate leaues, and o-ther thinges like, all the whiche you muste boyle, as is aforesayed: but some more some lesse, after as nede shal bee, and according to the nature of the fruite. So shall you make alwaies a good perfite, and durable thinge.

¶ The maner howe to clarifie and prepare honnye and sugre for to confite Cytrons and all other fruites.

TAke euery time tenne pounde of Hony, the white of twelue newe layed egges, and take awaye the froth of them, beating them well together with a sticke, and fire glasses of fater and freshe water: then put them in-to the Honnye, and boyle them in a potte with a mode-rate fier, the space of a quarter of an houre, or somwhat lesse, than take theym faire and softelye frome the fier,

scumming

ſcumming them well, and paſſe them ſo hote thorowe a ſtrainer: for it ſhall be the fairer, and the clearer, for any thinge that you wyll occupie or vſe it aboute. Hauinge thus ordered it, take for fire pounde of Citrons, twelue pounde of Honny. The Sugre is alſo ordered and dreſſed in like ſorte as the Honny is: but if you wil confite Citrons with Sugre, you muſte note this difference, that for fyre pounde of Citrons, you ſhall putte but. ir. of Sugre, for to confyte theym, ſo that they maye bee kepte all the yeare. This is, becauſe the honny maketh a greate deale moore ſkumme and froth, then the ſugre dooeth, and therefore you muſte putte the thyrde parte moore of Honnie. In keeping this proportion, you can not faile to dooe it well.

¶ To confyte Peches after the Spanyſhe facion.

TAke greate and fayre, Peches, whiche you ſhall pyll and make cleane, and cutte theym in pyeces, and ſo laye theym abrode vppon a table faire and cleane in the Sunne by the ſpace of two dayes, tourning theym euer at nighte, and in the morninge, and put them hote into a Juleppe of Sugre, well ſodden and prepared as is aforeſaied. And after you haue taken them out, ſette them agayne in the Sunne, tourninge them often vntill they bee well dried. This dooen put theym againe into the Julep, and then in the Sunne, vntil they haue gotten a faire barke or cruſte, as you wyll haue theym, and this ſhall you dooe three or foure times: then being thus prepared, you maye keepe theym in boxes for winter, for it is a ſouerayne thing.

¶ To make Conſerue or Confiture of Quinces, called in Latyne Cotoneatum, cydoniatum or cidonites, as they dooe in Valence, whiche alſo the Geneuoyes dooe vſe, we call it in Englyſhe marmelade.

TAke Quinces, and purifie them, and when you haue taken oute the kernelles, ſeethe them in faire & freſh water, ſo much, vntil they open and breake, then ſtraine them through a cleane ſtrainer, that there remaine no-

thing

thinge in the saied strainer, but onelye the hardnesse of them, that is to saie: the skinne the kore and such lyke For eyght pounde of the saied strained substaunce, you muste putte three pounde of faier and fine Sugre: and taking a vessell of tinne faire and large in the bottome you shall myngle the Quynces wyth the Sugre: and then sette theym to boyle wyth a lytle fyre, sturrynge theim with a broade skyse of woode, vntill all be well sodden, whiche if you wyll knowe, loke when all shall leuse it selfe, and cleaue no more to the saied vessell, for then it is sodden to his perfection, and shall bee tyme to take it of. And yf you put to it anye Muske, stampe it with a litle Sugre, as much as you wyll, & cast it into the saied vessel, sturring it alwaies with your skyse of woode. If you wyl adde spices to it, put in Synamom, Cloues, Nutmegges, and Ginger, as muche as you wyll, boylinge the Muske with a litle Vinagre. This dooen, with the broade skyse laye of this confection of Quinces vpon a table, where fyrste you muste haue sifted and strowed Sugre, and so make round, broade or long pieces, as you wil wt the circle of a bore, of what greatnesse you liste: then set theym in the Sunne vntil they bee thorowe drye. And whan they haue stande a while, tourne theym vp side downe: makinge them alwayes a bedde of sifted Sugre bothe vnder and aboue. Then tourne theym styll in the sayed Sugre, and drye theym in the Sunne, so longe vntill they haue gotten a faire white cruste of Sugre. Better marmelade of quinces, sweeter, or hartier than this, a man can not make. In lyke maner maye you dresse and trymme Peches, Peares, and other kyndes of fruites: A thing of greate singularitie.

¶ To make a paste of sugre, wherof a man maye make all maner of fruites, and other fyne thinges with theyr forme, as platters dishes, glasses, cuppes, and suche like thinges, wherewith you may furnishe at table: and whē you haue doen, eate them vp. A pleasant thing for them that sit at the table.

Take

TAke gomme dragant, as muche as you will, and ſteepe it in roſe water, vntyll it bee molified. And for foure vnces of Sugre, take of it the bignes of a Beane, the iuyce of Lemons a walnut ſhell ful, and a litle of the white of an egge: but you muſte firſt take the gomme and beate it ſo much with a peſtel in a morter of whyte marble, or of braſſe vntyll it become lyke water, then putte to it the iuyce with the white of the egge, incorporating well altogether. This done, take iiii. vnces of fine white ſugre, well beaten to pouder, and caſt it into the morter by litle and litle, vntil all be turned into the forme of paſte. Than take it out of the ſaied morter and bray it vpon the pouder of Sugre, as it were meale or flowre, vntyll all be lyke ſoft paſte, to the end you may turne it and faſhion it which way you wil. When you haue brought your paſt to this forme, ſpreade it abrode with Sinamom, vpon great or ſmall leaues, as you ſhal thinke it good, and ſo ſhal you forme and make what thinges you wil as is aforeſaid: with ſuch fyne knackes as maye ſerue a table, taking heede that there ſtand no hote thing nigh vnto it. At the end of the banket thei may eate al, and breake the platters diſhes, glaſſes, cuppes, and al thinges: for this paſte is very delicate and ſauourous. If you will make a thing of more fineſſe then this, make a tarte of Almondes ſtamped with ſugre and roſe water, of lyke ſorte that march paines be made of. This ſhal you laye betwene two paſtes of ſuche veſſels or fruites, or ſome other thing as you thinke good.

To make a confection or compoſition of Melons or Pompones, very exquiſite.

TAke what quantitie of Melons you wil, and take them before they be full ripe, but let them be good & make as many cutts in them as thei be marked with quarters on euery ſide, & hauing mondified them taken out of their kernels & pilled them of ẏ vtter rine, ſteepe them in good vinaigre, leauinge them ſo by the ſpace of ten daies: and when you haue taken them out

take

take other Vinagre, and ſtepe them a newe agayne, other ten dayes, remouinge and ſprynge them euerye daye: than whan time ſhal be, take them oute, and put them in a courſe linnen cloth, dryyng and wiping them wel. Finally ſet them in the ayer the ſpace of a day and a night, than boile them in hony, and by the ſpace of ten dales geue them euery day a litle bubbling or boilinge, leauing them alwaies in the hony: and let them boile at eche time onelye but one wawme. Then take the ſaide pieces, & put them in what kind of veſſell you will, and take theſe ſpices folowinge, the ponider Cloues, of ginger, of Nutmegs, & of Sinamom, wherof you ſhal make ſpices, this done, make one bedde or ranke of the pieces of melons, & another of the ſpices: than take fine white hony, and poure it vpon them in the ſaide veſſell.

¶ To make Melons and Pompones ſweete and very delicate,

TAke fine Sugre, and diſſoule it in water, than take the ſedes of a melon, and cleaue them a litle on the ſyde, that sticketh to the melon, & put them in ỹ ſugred water, addinge to them a litle Roſe water, leaue the ſayde ſeedes ſo by the ſpace of thre or foure houres, and then take them out, and you ſhal ſee that as ſoone as the ſaide ſeede is drie, it will cloſe vp againe. Plant it, and there will come of it ſuche Melons as the lyke hath not bene ſeene. And if you will geue them the ſauour of Muſke, put in the ſayde water a litle Muſke, and fine Synamon. And this may you do alſo with the ſeedes of Pompones and Coucumbers.

To confyte Orenge pilles, which may be done at all tymes of the yere, and chiefely in Maye, becauſe than the ſayde pilles be greater and thycker.

TAke thicke Orenge pilles cut in foure or. vi. pyeces, and ſtiep them in water the ſpace of ten or. xii. dayes. You maye knowe whan they be ſtieped ynough, if you hold them vp in the ſunne and ſe thorow them, for than they be ſtieped inough: & if you cannot

ſee

see thorowe them, let them yet stepe vntill you maye: than afterward lay them to drie vpon a table, and than betwene two drie linen clothes. Moreouer put them in a kettle, or vessel leaded, adding to it as much hony as wil halfe couer the said pilles, more or lesse as you shal thinke good. Boile them a litle, styrring them alwaies and than take them from the fire, least the honny seeth to muche, for if it shoulde boile but a litle more then it ought to boile, it woulde be thicke and Massife. Let it than stand & rest foure daies in the sayde hony, styrring and mingling well euery daye the saide Drenges and hony together. For because there is not hony inoughe to couer ouer al the orenge pilles, you must styre them wel & oftentimes, to thende thei may al equally receiue of the honnye. This shal you do three tymes, geuinge them one bublinge or boilinge at eche time, and so let them rest and stand. iii. daies as we haue saied. Finally you shal straine or dreane them from the saide honnye, and boile them in as muche other honnye as you shall thinke will suffice, and after you haue let them boyle the space of a credo, take them from the fyre and bestowe them in vessels, putting to them of the best spices you can finde, as Ginger, Cloues, and Sinamom: mixe all well together, and you shall haue made an excellent thing. And note, that the honny that shal remaine, wil be still good for to dresse and trimme other Drenges, or other thinges withall.

To confyte Walnuttes.

FIrst take Walnuttes when they be lytle & greene, with the pille or huske and all, & make in them. iiii. litle holes or mo, then stepe them in water. xi. daies or more or lesse: make them cleane and boyle them in hony, as the forsaide Drenges, but make them seeth foure times as muche. And note that the honnye is alwayes good, but you must oftentimes put in fresh, because it consumeth. Finally you shall dresse them with spices, as the Drenges, but putte not many cloues to them for they wil make them to bitter.

To

¶ To confyte Gourdes.

TAke the necke of the Gourde, and cut it in longe pieces, as you thinke good, & powre vpon them boiling water, & do so iv. mornings, but you muſt haue pilled them finely, & taken awaye the inner part that ſerueth for nothing. Thys done, ſeeth them in a kettle vntill they be neither to much nor to litle boiled but euen hole and maſſiue not broken: than drie them vpon a table in the ſhadowe the ſpace of two dayes, and after wipe them cleane piece by piece with a liné cloth and do with them as with the Orenges.

To confite cheries.

TAke cherries and leaue them a day in the ſunne thã take out the ſtones, and ſette them in the ſunne againe thre daies: after this ſeeth them as we haue ſayde of the Orenges: but you muſt leaue them in hony. vi. daies, and by the fyre. iii. daies, ſo that they may onely be kept warme, to thende they ſauour not of burning, or of the fire. And after you haue wel mired and incorporated all, you ſhal putte them in hony with ſpices. Al theſe confytures may dure many yeares, ſo that you refreſhe them with other hony boiled a litle, whan they be diminiſhed.

¶ To make litle morſels as they vſe in Naples, an exquiſite thing for they be very ſauorous, do cõforte the ſtomake, and make a ſwete breath.

TAke thre pounde of fine ſugre, the flower of meale vi. pounde, of Synamom thre vnces, Nutmegges, ginger, pepper, of eche of them halfe an vnce, but let the quantitie of the Pepper be greater than of the reſidue, rawe white Honny, not clarified, three vnces. Firſte make a round cyrcle with the ſaid flowre, in the myddle whereof, you ſhall put the Sugre, and vpon it a pounde of Muſkt Roſe water, bray and breake wel al theſe

these thinges with youre handes, so longe, vntyll you feele no more Sugre. Thys done, you shall put in the sayde spyces, and than the Honny, myringe well all together with your hande.

After this mengle it againe amonge the flowre, & kepe some of it to flower the tile or other thynges that you must bake it vpon. And whan al is well wrought and made into past, you shall cut the litle morsels in sunder with youre handes, making eche of them three vnces weight, or there aboute, than turne and make them in to the fourme of a fyshe, dressinge them with youre instrument meete for the same purpose. Than heate your ouen and laye them vpon litle tiles of copper or earth, makinge first vpon the tiles a good thicke bed of floure you must bake them, the mouth of the ouen being open keping euermore a fyre at one of the sides of the mouth of the ouen, ye must also touche them often times, to se if they be baked ynough, & whither they hange sure, & holde together betwene youre fingers: You maye also bake them in the fire in ouens of copper couered, suche as tartes be made in, then when you haue taken theim out you must gilt them.

¶ The ende of the thirde booke.

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE FOVRTH BOOKE.

¶ An odoriferous and precious water, wherwith a man maye weate or bath anye linnen clothe, to wype or rubbe his face, whiche wil make the fleshe white and wel coloured: and the more a man rubbeth his face with it, the fairer it is, and also continueth. vi. monethes. A thing experimented and proued yea and it were for a quene.

TAke a pounde of Roche Alome, washed and burned, Malmesey twoo glasses ful, paste of Bozar. vi. vnces, white Gomme dragant a pounde, Gomme arabicke thre vnces, stiep al in the Malmesey, by the space of two natural daies, mingle it wt two pottes of goates milke, & stoppe it wel that it take no vent: than take ix. vnces of Sublimatū, & set it to burne or calcine in an vnyelded potte, well closed vp in a furnayse, and twoo pounde of Ceruse of Alexandria, prepared in this maner. Lappe it vp with the white of an egge, in some lynnen clothe, and boyle it in sweete lye, vntil the thyrde part be deminished: than mixe all these thinges well together. This dooen, take twoo pounde of rawe white Honny, three pounde of terebentyne of Alexandria, iii glasses of stilled Vinagre, Ginger stamped. vi. vnces: boyle all with the saied Vinagre, vntyll there be but twoo glassesfull left.

Than take iii. vnces of fine Mirre electe, & put it vpon ỹ said things: after this take two vnces of litarge of siluer well beaten in poulder, & boile it in. iii. glasses full of good vergeous or whyte wyne, vntyll the thyrde part be diminished: than with a litle cane, rede, or stick

mixe

myre or sturre well all the sayed thynges together, in some vessell, the space of. vi. houres. Finallye, put into the same about fiftie snailes out of their shelles & made cleane, an vnce of Campher, a good fatte henne slawen and broke into smal pieces, without washing her, two Orenges without their pilles, kernelles, or the lytle skinne within the pille, xii. Lemons ordered lykewise, or elles the iuyce of them, which wil consume the sated snayles, and al wyl ware like paste. This dooen, take the white of. xxv. egges new laied, hard rosted, with the whiche you must incorporate sire vnces of Synamom, and a certaine quantitie of sugre candy, and put all together in a violle into the bathe or baine, and still it. The first water that shall come of it, wil be white, the seconde yet whiter, which you shall receyue a parte by it selfe, and the thirde verye whyte. Than myngle the first with the laste, and distyl it agayne, and kepe it, for it is good: yet not so good as the second, which is verye excellent aboue al thynges in the world, and that must serue for the visage or face. If you wyl dresse or trimme handkerchers wyth it, as is aboue sayed, take what handkerchers you wyl, so that they bee not very fine, & lay them in a platter, and powre vpon theym as much water as wyl couer them, leauing them so the space of sire houres, than hauing taken them oute, and hanged them vp, in such sort, that the water may droppe out of them into the same platter, ye shal let them so dry, then bathe or washe them again, as before other. vi. houres, drying them agayne, and so. vii. times. Than shal you haue an excellent thing.

¶ To make a water that wyll make a whyte and pale persone well coloured.

TAke white Pigeons, and fatten them with Pyne-apple kernelles, the space of xv. daies, and than kil them: & hauing cast away the head, the feete, & the guttes, with al the garbage, distil them in a limbecke with half a losse of Sucharine Alom, three hundred lea-

leaues of fine ſiluer foyle, fiue hũdred of gold foyle, and the cromme of. iiii. white loues ſtieped or weated in almonde milke, a pounde of the marye of a calfe or ore, and freſhe barrowes greaſe. Make al this to diſtil with a litle fier, & you ſhal haue therof a verie perfite water.

¶ A verie good water to make the face appeare of the age of, xxv. yeares.

TAke a couple of calues feete, and ſeeth them in xviii pound of riuer water, vntil half be conſumed, then put to it a pound of ryſe, and let it ſeeth with crommes of fine manchet breade ſtieped in milke, two pond of freſhe butter, and white of. x. new laied egges, with their ſhelles & all: ſet al thoſe things to diſtill, & into the water that ſhal come of it, put a litle Campher, and ſpicharine Alom, and you ſhall haue an excellent and noble thing of it.

¶ A water to beautifie the face, and all other partes of the body.

TAke of white Borax two vnces, roche Alome an vnce, Campher two dragmes, Alome called in Latyne Alumen ſciſsilæ or plumæ, whyche naturallye groweth like a ſtone, and not withſtandinge maye bee deuided, there bee longe ſtrakes ſeene in it, and the Alome called Alumen or deſquamatũ becauſe it is boyled in a caudron, & is made more pure by an herbe (like to herbe yuye) burned into aſhes and lye made therwith, of eche of theſe an vnce: beate eche of theſe to poulder by them ſelues: and than incorporate all well together, and put it in ſome greate veſſel full of condite water, the which you ſhal couer and cloſe vp ſure with a linen cloth, and ſet it to the fier, the ſpace of two houres, than take it a waye, and when it is colde agayne, putte it in another veſſel, and take the white of two egges new layed the ſame day, and beate it well with a litle bergeous: and ſo put it in the veſſell with water, and leaue all ſo together the ſpace of. xx. dayes in the Sunne, and you ſhall haue a perfite thing of it.

¶ A

¶ A water to make the ſkynne white, and to take awaye the ſunne burning.

TAke halfe a potfull of raine water, & fill it vp with vergeous, than ſeeth it vntil it bee halfe conſumed and in the meane time that it yet boyleth, fill it wᵗ the iuice of lemons. When it hath ſodden, take it from the fier, & put to it the white of. iiii. egges new laied, & well beaten, but the foreſaied ſubſtaunces muſt be colde before you put in the ſaied white of the egges: and than is it made.

¶ Another water to beautifie the face, and to make it appeare of the age of fyftene yeres.

TAke quicke Brimſtone an vnce, whyte emſence of the beſt. ii. vnces, of Myrre two vnces, of fyne Ambergriſe. vi. dragmes, beat eche of theſe droges by them ſelues, & then mingle them altogether with a pound of roſe water. This doen, put them to diſtil, and kepe it in a veſſel cloſe ſtopped. And when you goe to bedde, waſhe your face therewith, & leaue it ſo not wiping it, & in the morning walhe it againe with well water luke warme, and by this meane ſhal you maintaine and kepe the ſkinne verie delycate, fine, and ſmoth.

¶ An eaſye water for Ladies and gentilwomen.

TAke the whyte of eyghte newe layed egges, and beate them vntyll they bee conuerted into a cleare water, then ſtrayne them, and take Alumen catinū or Deſſquamatum, Borax, Champher, Alumen Zucharinum whiche is made with Alome relented, Roſe water and whites of egges into the facion of a Sugre lofe, of eche of them an vnce, of Vinagre eyght vnces, water of braine bloſſoms two vnces. Let all theſe ſaied thinges be finelye ſtamped and beaten in a morter, and than put all together in a great violle of glaſſe, the whiche beynge well couered, you ſhal leaue in the ſunne the ſpace of fiftene

dayes, syringe the sayde water twise or thrise a daie, and so let it stande and rest. This done, put it in another violle, and washe your selfe with it whan you will, leauinge it so a certaine space vpon your face: and than rubbe it with a piece of scarlet. The lady or gentlewoman that wyll vse often times to washe her face with this water, yea, were she of yeares three score, she shall appeare to be of the age of.xv. yeare.

¶ To make a goodly lustre or beautifiyng of the face good for ladies and dames.

TAke a great Lemmon, and make a hole in the toppe of him thorough the whiche hole you shall take out of the substaunce within, the [illegible]nesse of a Walnutte: & fyl it againe with Sugre Candy, wt foure or fiue goldfoyle leaues, and couer it againe with the piece that you toke of, sowinge it with a needle, so that it may remaine fast on. Than set the sayd Lemon to roste vpon the coales, right vp, and after as it shal beginne to roste or boyle, tourne it often, vntyll it hath sweat a good space, than take it of.
And whan you will vse of it, putte one of your fingers into the hole that was sowed vp, and rubbe youre face with it, with some fine linnen clothe, and it will prouoke an exquisite thinge.

¶ To take out spottes, lentilles, or pimpels of the face.

TAke the meale or flowre of a kind of pulse corne called Lupinum, which groweth in Italy and Fraunce, but here vnneth knowen the fresh & recente gal of a goate, the iuyce of a lemon, Alome sucharine incorporate well all together in maner of an oyntmente: and rubbe at nighte the place with it where the spottes or burgeons be, and you shalbe incontinent cured of them This is well experimented and proued.

¶ To

¶ To dreſſe or trim water of the vine, commonly called lachri ma vitis,

Take axungia vitri an vnce, Alome ſucharine two vnces roche alome an vnce, Bozar ii. vnces, ramfyze an vnce: Then take a violle full of this Lachrima vitis, & put to it the ſaide dzogges leauing them ſo in the ſonne the ſpace of a moneth and it will be done.

¶ A very good way howe to geue a luſtre ſhew to all diſtil-led water.

Take little greene pine Apples well mondified, cut them in litle rounde and flatte pieces: whiche you ſhall ſtiepe thzee dayes in rowe mylke, chaunging the milke once a day (but it were better in goats milk) at the ende of thze dayes diſtille them wyth theſe poul-ders folowing. Pouder of glaſſe foure vnces, pieces of redde cozall two vnces, Sugre Candy four vnces, roch Alome. i. vnce, quicke ſiluer moztified with ſpittle, an vnce and a halfe. xii. new laide egges bzoken with their ſhelles and all, Turpentine waſhed in ix. waters, four vnces, Snailes ſuch as carry no ſhelles on their backes and if you cannot get ſuch, take thoſe that cary ſhelles. All theſe thinges well ſtamped eche one by hym ſelfe mingle them together, and than make in the Limbeck a rowe oz bedde of them, than a bedde of the poulders, and one of Turpentine, and ſo another of the ſnayles, and thus one vpon another, vntil the Limbeck be full, than caſt vpon it a glaſſefull of good whyte wyne, and make vnto it a temperat fyze. Thus ſhal you haue ſuch a water as you wold deſire, the which you ſhal kepe in a flagon of glaſſe: foz it is very good to make white and to beautify the fleſh, and to take away the wzinckles of the face: A thinge pzoued.

¶ To make a water of white Melons, that maketh a fair ſkinne.

TAke white Melons well made cleane of their pilles, and cut them in pieces a fingar thick, leauing all the middes alone, than take these thinges following: Sucharyne Alome four vnces, quicke siluer broken or mortified, an vnce, Roch Alome burned an vnce Turpentine washed a poũd. rii. new laide Egges stamped with shelles and all, white Snailes cut in pieces as many as you will, Suger. iiii. vnces, with a glassefull of Goates milke, and one of whyte wine: than fyll the Limbecke with the saied thinges, layeng rancke vpon ranck, as we haue said of the other water before. Gyue it than a litle fire, and kepe the water in a viole, which wil be excellent to washe your face with. After this maner is made ỹ water of Anguria of the blossomes of beanes, of mallowes, and of the blossomes of Tansey, or wilde vine, and other such like things.

¶ To make a very good water of Gourdes, as well garden Gourdes as wilde.

TAke Gourdes, & plucke of their vtter pille or barke cut them into lyttle rounde wheeles, than put to them fire vnces of sucharine Alom, an vnce of Alom scisilæ or plume, the value of a peny of Mirrhe, half a poũd of Turpentine washed, foure newe laide egges stamped and wel beaten together, fire Lemons cut in trenches, Snailes as manye as you will, a glasse of white wine. Beate into pouder that which ought to be beatẽ and mixe well all together, making the first rancke of Suger, the seconde of pouder, and the thirde of Snailes than put the wine, the Lemons, and the egges vpon al the rest, and so distill it with a small fire: and the water that commeth of it must be kept viii. or x. dates in the sunne in a viol. A man may make the like also of Gourdes that growe nigh vnto the sea.

¶ An onyntment for the face which beinge kepte on, or vsed continually the space of eighte dayes, altereth the skinne and reneweth it finely.

Take

TAke four newe laide egges, and lay them eyghte dayes together in stronge Vinagre, so that they become tender and soft, that you may take of the shelles. After this take oute the yelkes finelye that you breake them not, and put them in an earthen dishe leaded This done, take the value of a peny of whyte Turpentine well washed, the value of a halfe peny of sugre Candy, and twise as much of the paste of Bozar, Campher. Verdegrise, Roche Alome, of ethe of them fire deniers. All these thinges well beaten to pouder, take. ii. quarters of quick siluer mortified w̄ spettle or the iuyce of lemons, oyle of wine leese called Tartarum. iiii. vnces, a white onyon, which you shall boile in white wine, & straine thorowe a strainer, and mingle al this with the yelkes of the egges, incorporatinge, and beatinge al well together, with the iuyce of two lemmons. And at night whan you goe to bed, laye the saide composition vpon your face, nerke, and breaste, lettinge it so drye of it selfe. Now, you must stirre it well at euery time you will occupie it, and you may not take it to soone from your face, for than you shall marre the skinne: but you must let it lie on the space of eight dayes. And although you would thinke the layed composition burned or dawed of the skinne of your face, you may not for all that take it of, but let it worke his operation, and at thende of eight dayes take it of in this maner following. Take wheate bran, mallowes, leaues of Marche violettes, Beane poddes, crommes of breade, and a good quantitie of rawe honny, and boile al these thinges together, vntyl it be all softe, than powre it into some potte, and let it coole vntyll suche tyme as you maye endure the smoke therof, holdinge youre face ouer the potte. Also couer well your heade, your breaste, and other places, where you haue laide the sayde past, and holde you face so ouer the smoke of ỹ pot vntil the sweate drop downe by al your face. And whā you perceiue your self to swet take a litle of the fait water, & put crommes of bread in to it, and whan you haue well swete, take of the breade crommes, & rubbe wt̄ them al about wher the compo

sition

sition is laide: for there the skin wil be very tender, and therfore must you rubbe hard, vntil your face be cleane of the said past, or composition, than immediatly washe your face with cleane water, and wipe it drie again. After this, you must take some distilled water, wherin is no stronge substaunce, and bath your face with all fine or six times. If in case there remaine behind anye of the saied past in any place of your body, rubbe it well with the said crommes of bread, or some linen cloth, wete or dieped in such distilled water, and you shal incontinent se that that skinne which was rough, thicke, and rude, shalbe chaunged and altered into a fine, faire, and delycate skynne. But beware that in eyght daies after you go not abroade in the open aire, or to nygh the fyre, lest the newe fyne, tender, and delycate skynne, shoulde be burned, or take any hurte. This is a goodly secrete.

¶ For him that hath naturally a redde face.

TAke foure vnces of the kernelles of peches, two vnces of gourdes sedes, and make therof an oile, wherwyth you shall anoynt hys face morning and euening, and this will kil and destroy the rednesse. A thing found trew by experience.

¶ To make aqua argentata or silvered water, whiche maketh a white ruddie and glistring face: and is made like a water and not like an oyntment, that the dames of Italy for the most part do vse, although that fewe men make it as it ought to bee made.

TAke. iiii. vnces of Sublimatum. and breake it in sonder in a morter, syringe it alwayes with one hande. When it is broken ynough, take. iiii. deniers of quicke syluer, and put it in stronge whyte vinagre the space of viii. daies than put it in another vessel wt other vinagre, & boile it a litle. This doen, take the quicke siluer out of the vinagre, and lay it in a dishe, takyng the crome of a lofe, which you shall cromme with the saied

quicke

quicke ſiluer, ſtyrring wel altogether, vntil the quicke ſiluer be faire and clear, than blow in it, and the breade will flie a way: than ſhall you put this quicke ſiluer, ſo purged, with the ſublimat, in diring and ſtyrrynge it wel with one hand, & ſo it will become white as snowe: than take hote boylynge water, and powre it into the ſaied morter, which muſt alſo be hote, and ſtyrre it well and mire all together, and ſo let it ſtand and reſt. After this take diligently the water away, which will be very good for ſcabbes, or ſkurfe: & powre to it other ſethinge water, & waſſhe it well, as before, foure or fiue tymes. This doone, take. xii. or. xv. Perles, & a Carlin or two of golde or ſiluer broken in ſonder & in miring it togyther you ſhal put into it a litle Campher, a litle Borax and a litle Talchum, if you haue any.

All theſe thinges ſhall you breake and bruſe in ſunder wyth one hand in a morter, and ſo leaue it fourty daies in the Sunne, ſturring it euery day with your hand the ſpace of halfe an houre. After the ſayed fourtye dayes take foure newe layed egges, the whiche beynge a lytle heated by the fyer: you ſhall breake: and hauynge taken the whytes of them, you ſhall put them into the ſayed morter, myngling well all togethe, and ſo ſhall you dooe thys water folowynge. Take lytle tyne Lemons, and take of the outwarde yelowe pylle, than cut them in ſmall pieces wyth. xii. newe layed egges, beatynge the yelke, the whyte, and the ſhelles together, than adding to it twoo vnces of Turpentyne, you ſhal put al into a Limbeck, making to it a litle fier, wherof you ſhal haue about a glaſſful of water, with the which water you ſhal temper your ſiluered water in the morter: than kepe it in a violle cloſe ſtopped, in a cole place: And ſo it wyll bee an excellent thynge, and it were to gene a queene. And when you wyll occupie of it, lette your face fyrſt bee cleane, and than lay to the ſayed water, as muche as you ſhall by your diſcretyon, thynke ſufficient, letting it drie of it ſelfe.

¶ To gyue a gloſſe or luſtre and a colour to the ſayd ſylue. red water.

TAke the yelkes of. xii. egges the ſame day they be layde, and beate them rawe then dyſtyll them in a Limbeck with a litle fier, putting a little muſke at the mouth of the ſaid Limbeck, and than weate a ſmall piece of cotton in the ſayd water and ſo rubbe your face with it and let it dꝛie of it ſelfe and thys is a very parfyte thinge.

¶ To make an oyntment for the face.

TAke thꝛee vnces of the fatte caule of a fatte lambe, the which you ſhall put into freſhe water, chaunging it euery day fiftie times, ſeuen oꝛ eyght daies together, then cut it very ſmall, put it in an earthen panne leaded, ful of white cleare Vinagre, wᵗ a dꝛagme of Campher ſtamped. Boile this together by ꝑ ſpace of twoo oꝛ thꝛee Pater noſter, and after ſtraine the greaſe with the foꝛeſaied thynges, thꝛowe a whyte lynnen clothe, than lette the greaſe coole, vntill it bee harde againe: and if there bee anye ordure oꝛ fylth at the bottome, you muſt take it away. After this take twoo vnces of the oyle of Tartare, and put it in ſome veſſell vpon the coales, vntill it come together: and hauing ſet it in a moyſte place by the ſpace of a daie and a night, put to it an vnce of Bꝛaſar well waſhed, than ſtampe and myxe all well together, adding to it an vnce and a halfe of Ceruſe waſhed, and hauing put all in a newe earthen panne leaded, ſet it on a ſmall fyer, ſtyrryng it alwaies well together, vntil all the ſaied thinges be well incoꝛpoꝛated together: and after that you haue layed it vpon your face, laye on alſo a redde colourne made wyth the grayne whereof Scarlate is died, called in Latyne Coccum, and wyth Bꝛaſill, foꝛ it ſhalbe better than with Bꝛaſyll alone.

¶ To make a redde colour for the face.

TAke redde Sandall finely stamped, and strong vinagre twise distylled, than put into it as much Sandall as you wil, & let it boile faire and softly, & put to it also a litle roche Alom stamped, and you shal haue a very perfyte redde. If you wyll make it odoryferous and sauour well, put a litle Muske to it, or els Ciuet or some other odoriferous thing what you lyst.

¶ To make the face fayre.

TAke Beanes and a kind of a litle graine called in Latine Faseoli in englishe facilles and Cyche peason, & make a pouder therof, whiche you shal stepe & temper in luke warme water, w̄ the white of an egge, and the milk of an asse: & than lay it out to dry. And after stepe it in a lyttle water, wherewith you shall washe your face, and it wyl become faier, cleare, and nete.

¶ To make the face faire another waye.

TAke the freshe blossomes of Beanes, and dystyll theym thorowe a Lymbecke, and so washe youre face with the water that shal come of them.

¶ To make the face fayre.

TAke the flowres of Rosemary, and boyle theym in white wine, than washe your face with it, and vse of it for to drinke and so shall you make youre face very faire, and also your breath swete.

¶ To take out spottes or redde pimples out of a mans face and to make the skinne very faire.

TAke a lytle roche Alome, and breake it a sonder into small pieces, than take the white of an egge newely layed euen at that instant, the whiche you shall sette to the

the fyre in a lytle panne leaded, with the roche Alome, and leaue it so vntyl you see that it beginneth to boyle, myngle it alwayes wyth a lytle stycke. And when it is waxen hard, annoynt well al your face wyth it three or foure daies, and it wyl make your face fairer. A thinge founde trew by experience.

¶ To make a water that maketh the face white.

TAke Lytarge, Syluer sublymed the value of a grote, and put it into some vessell wt stronge white Vynagre, than boyle it vntyll it bee demynyshed the heyght of two fyngers: lette it stande and rest, than straine it and kepe it. Also milke and the iuyce of Ozen ges mixed wyth the oyle of wyne lees is very good.

¶ Another maner to make the face fayre.

TAke the gall of a Hare, of a Cocke or Henne, and of Eeles, temper them wyth Honnye, and putte them so into a vessell of brasse well stopped, for to annoynt your face with whan you lyste, but take heede it touche not your eyes: for it would inflame them and make them looke redde, and so hurt you.

¶ To take of spottes lintelles or redde pimples out of the face.

TAke greene Lisardes quicke, and boile them in oyle vntyll the thyrde parte bee consumed. Strayne this and putte to it whyte waxe, and than make thereof an oyntment, wherwith you shal often tymes annoint your face.

¶ To take of a ringe worme or tetter that renneth all ouer a mannes face, called in Frenche Lefeu volant.

TAke the roots of lapathum acutum called Sorel as wel wylde, as of the garden, wash them well and mondifie them, and cutte them in small pie-

ces.

ces, the whiche you shall stiepe in stronge whyte vynagre, and leaue them in it two dayes & two nightes. Afterwarde rubbe the place of the sore wyth it three or foure times a day, and at night with the sayd pieces of the sorel rotes, letting them stiepe alwaies after in the sayde vynagre, and you shal be cured.

¶To dryue away lise.

TAke encens, and the larde of a barrowe Hogge properly called barrowes grease, boile thē together in an earthe panne or potte leaded, and with this oint ment rubbe or annoynte the place where the lise be.

¶To make a water that taketh of all stayning, dying, and spottes from the handes of artificers that gette them by working, and maketh them veri white and faire: It is also good for them that be sunne burned.

TAke the iuyce of a Lemon, with a litle baye salte, and washe your handes with it and let them drye of them selues: washe them agayne, and you shall finde all the spottes and stayninges gone. It is also very good against the scurfe or scabbes.

¶To make a water that maketh the flesshe and skinne of a man or woman very faier, and wil be kept like a precious baulme.

TAke a yonge crow euen oute of the nest, if you maye get one so: yf not, take hym as yonge as you maye: to whome (by the space of .xi. dayes) ye shall geue none other meate, but the yelkes of harde egges. Than kyll him, and flawe him, breakyng the flesshe into smal pieces: than take leaues of a mirtle tree, and lay one ranck of them, and another of the litle pieces of the crowe, in some great violl of glasse, powdered and strowed ouer with the pouder of Calchum, stamped with the oile of swete

swete Almondes, and put in as muche of it as your discretion shal iudge, for a great quantitie wil do no hurt to it. And if there remaine yet anye pieces of the sayde crowe, make therof another ranck, adding therto some myrtle leaues, and than of the Talchum, and the sayde glasse must be large, wyde, and lowe. Finally you shal poure vpon it thre or foure vnces of the oyle of Myrrhe dressed with egges, as is declared in this booke. Than set the said viol or glasse vnder the Limbeck, stopping wel the sides and ioyntes, that it take no vent, and like wise the recipient: and geue it at the beginning a smal fire for the space of foure or fiue houres, so that al these thinges may be dissolued, and as it were, breake, and corrupt amonge themselues: than make the fyre greater and greater, and at the ende very great for the space of an hour, letting it after cole. And if the fire haue ben great ynough, the water wil be yelowe, and somewhat redde, the whyche water you shal put into another like glasse, great, according to the quãtitie of the said water putting to it half a poũd of rosemary blossoms, halfe a glasseful of Aqua vite, setting al to distill againe w̃ the limbeck, and recipient as before: you must put in the recipiẽt, or at the beke of the limbeck, some fine litle cloth wherin must be white Bengewin stamped betwene. ii papers as wel as you can. When this water shalbe distilled, it wil be very cleare & faire, which you shal kepe in a viol, wel stopped with ware, and cered cloth, to the end it take no vent, and you may neither kepe it in the sunne, nor in any hote place. This wyl be a noble and precious water, which hath not the lyke in the worlde for to make the skin faire, and to preserue it. The maner how to vse it is this. Fyrste, you must washe youre face well with cleare water distilled, and than rub wel both face, breast, and other places of youre body where you list, with a piece of scarlet weted in the sayd water and lie downe vpon your bedde, holding a lytle while, the piece of wet scarlet vpon your face, and thus maye you do euery viii. or euery xv. dayes once, or elles euery moneth, or euery two moneths. In the meane time you

may

may vse some other water, as the water of Beane blossomes, of gourdes, of melons, of onions, of white flourdelice, of the rote of the herbe called in latin Darcontium, or more comonly Serpentaria, in englishe dragons and of other like: but you must take hede that you put in it no sublime, nor Ceruse in any wise. Thus shal you haue a water of a meruelous vertue to make your skinne and flesshe fayre and naturall, and to conserue and keepe it longe yonge, gaye, freshe, and nete.

¶ A verye goodlie water to washe the face, necke, and the breast, wherof a man may make a great quantite, for the more there is of it, the better it is: It maketh the skinne and flesshe of the face faier, not hurting or destroying the teeth, and shall seme that the face is nothinge at all holpen with anye coloure, but that it is euen so by nature.

TAke twoo fatte Pigeons, twoo pounde of Veale, seedes of Spurge pilled three vnces of Pine apple kernelles, swete Almondes, bytter Almondes, the rootes of white and yelowe floure delice, Beanes broken in pieces & mondified, the gall of an Ore, the roote of dragons, the roote of Fraxinella, or comon Diptum, a litle lemon the yelow pill taken away, and cut in pieces, the cromme of a white lofe wet in milke, gomme dragant steped in wine, gomme Armoniac steped in Vinagre, and let there be of all these thinges a reasonable quantitie. Than put therevnto flowres or blossomes of Ligustrum, which is a tree hauing leaues like an Olive tree, but they be broder and softer, and more grene of colour which doth beare white flowers and swete, wherof is made an oyle called Oleum cipprinum. And thys tree doth growe in watrie places, as Willowes and salowes do and beareth a blacke fruite like vnto an elder tree, and dystyll all these with a small fyre, hauing bound or tyed a lytle lynen cloth with Muske, and whyte Benge wyn at the berke of the Limbecke: than kepe the water in a glasse well stopped, for it will be very excellent to make a white and naturall skinne or flesshe, without hurting

the teeth or any other thinge.

To make a very excellent redde colour for the face, whiche is naturall, and continueth longe vpon the face makyng it alwayes gayer and fayrer.

TAke the wyte of .xvv. harde Egges, and putte a glaſſefull of the milke of greene Figges amonge them yf you can get none of it, take lytle Figges that bee not rype, and cutte them in ſmall pieces, whiche you ſhall mingle with the ſayde Egges: and than diſtill them, and the water that ſhall come thereof maketh of it ſelfe the fleſhe white: but if you will make it redde, take for euery glaſſeful of the ſaied water, two vnces of Alome Sciſilæ or Plumæ, beaten in pouder, halfe an vnce of the graine called in Latin Coccum, wherw̃ ſcarlet is died, and two vnces of the graines that men vſe to die Crimſon ſilke with. Let al this be putte in a viole well ſtopped, that it take no vent, then ſet the viole in a kettle of hote water (not boyling hote) by the ſpace of eyghte dayes. This done ſtraine oute well the ſubſtannce of the ſaide coloures, and take the water ſo coloured and died: and putte to it as muche more of the ſame Alome and graines as before, and ſet it agayne altogether in hote water, by the ſpace of eyght dayes: than ſtraine oute the water, and adde to it the thyrde time ſome Alome & graines, with a litle gomme Arabick: that is to ſay for euery glaſſeful of water halfe an vnce of gomme, ſetting it againe in hote water eyghte dayes as before: and after you haue taken it oute, ſtraine it, and you ſhall haue the fairеſt redde that is poſſible to wyſhe for. Than weate ſome litle peice of Scarlet or crymſon ſyke in it, and rubbe youre face therewith ſo longe vntil the fleſhe beginne to ware ſomewhat chafed, and the redde well perced thorowe. You maye alſo adde to it what odoure or ſauoure you wil. And if you will not ſet the violle in hote water, as is aforeſaied, ſet it before a litle fyre, not ſufferyng it to ſeeth, and that for the ſpace of a daye or more: than

ſtraine

ſtraine it, and you ſhall ſee all thynges come to paſſe as I haue ſayde.

Another kynde of redde verye good for the face, eaſyer to make, and wyth leſſe coſte.

TAke two vnces of fiſhe glewe verye cleare, and ſteepe it in whyte wyne, the ſpace of fyue or ſyxe dayes vntill it be verye ſofte: than take Brazell, that is good and of a good colour well ſcraped or cut in ſmal pieces, than ſteepe it in welle water, ſo that the water be aboue it more than a hande breadeth, and a halfe, this doone, boyle it together with a ſmall fyre aſſaying euermore the colour vpon a paper, vntil it be to your fantaſie. And before you take it from the fyre, put to it for euery glaſſeful of the ſayd colour, an vnce of rawe roche Alome beaten in ponder, and Gomme arabicke, as much as three or foure beanes. Than take it from the fyre, and keepe it in a violle cloſe ſtopped: & ſo ſhal you haue an exquiſite thinge. Women of baſe degre are wont to ſeeth onely the Brazyll in wyne or water puttinge to it a litle roche Alome and Gomme, letting it boyle vntil the colour be to their mynde. Other take redde Sandall or Saunders, the whiche thei put in wine, or at the leaſt in Aqua vite, and not boyle it at al, but keepe it ſo the ſpace of a night. Than in tourninge the water, they put more Sandal to it, and a litle more Alome, accordynge as they lyke the coloure.

An excellent whyte aboue all other, whiche the Frenche men call Blanchet.

TAke brayed Talchum, and burned tinne beaten in to ponder with a wodden peſtel, than waſhe them and mingle them together, & put them in ſome maner of platter or other great and large veſſel, couered with ſuch another, and ſo ſet it in a Glaſſemakers forneſſe, the ſpace of three or foure dayes. And hauynge

taken it out, it wil be as white as snowe. Than bray it finelye with the water of ponge figges, or with the milke of greene fygges, or with distilled vinagre, or some other such sharpe and clammy thing.

To make heare as yelowe as golde.

TAke the ryne or the scrapinges of Rubarbe, & stiepe it in whyte wine, or in cleare lye: and after you haue washed your head with it, you shal weate your heares with a sponge or some other cloth, and lette them drye by the fyre, or in the Sunne: After this weate them and drie them againe: for the oftener you doe it, the fairer thei wil be, without hurtyng your head anye thing at all.

To make lye to washe the head, whiche (besyde that it comforteth the brayne, and the memorie) maketh the heare longe, fayre, and yelowe lyke golde.

TAke lye that is not to strong, but as women commonly make it to washe their heads: and make as muche of it in a kettle, as wil serue you ten washinges, putting to it this folowing. The pilles of ten Orenges, or of sweete Lemons, if you haue any, yf not take sowre ones, the pilles of Cytrons, as manye as you can get, be they greene or drie it is all one, the blossomes of Camomel. Baye leaues, a handful of the herbe called maiden heare, half a handful of Agrimoyne, twoo or three handefulles of Barley strawe chopped in pieces, halfe a dishefull of a kynde of poulse corne, called in Latine Lupinus and in Frenche Lupins, hauinge one stalke, the leafe in fyue deuisions, the cod creaueled about, hauinge in it fiue or sixe graynes, harde, broade, and redde, they be commonlye in Fraunce and in Italye, but here in Englande vnneth knowen, and therefore thei haue no Englishe name: thei muste be dried, a dishefull of Fennygreeke, halfe a pounde of wyne lyes, or twoo or thre dyshefulles of

Brome

Bzome blossomes, whereof it is good alwayes to haue some dzie in your house to make suche thinges withal. Put al thys that I haue named in a great vessell wyth the saied lie, leauing it alwaies so, to take thereof and occuppe when you wyll. And the lenger the sayed lye shal be compounde wyth the forsayed thinges the better it wyl be. The sayed composition wyl bee good for fyue or syre monethes or moore: and you maye renewe it at youre pleasure. But when you wyl put it in vse, take it handsomely and cleanely vp, without touching in any wise the saied drogges put in it: and in heatinge it agayne you maye put in it a lytle Myrrhe and a lytle Synamom: and thus shall you make it verye good, as wel for the health of the heade, and eyesyghte, as for to beautifie and make the heare faire.

¶Lye to make heare blacke,

TAke commune and ordinary lye, and boyle it wyth a handeful of the leaues of Beete, three or foure handefuls of Sage leaues, eyther greene or dryed, and as muche Myrrhe as you wyll, with Baye leaues, and a fewe leaues or outwarde pille of a Walnut. But when you wyl vse of these lyes that make yelowe or blacke, rubbe not youre face, or youre netke wyth it, least they become blacke, or yelowe, although they dye not the skinne so soone as they doe the heare. And after hauing thus washed youre heare, you muste washe your face with common lye, or cleare water, or elles with white wine.

¶An oyle for to annoynt the heare, whiche maketh it yelowe like golde, long and glistring lyke burnished golde.

TAke a glassefull of the oyle of Sesamum, whiche is a white graine growinge in India, whereof oile is made, whiche is called Oleum Sesaminum, if you canget of it, yf not, take oyle Olyne not greene, but

verye yelowe, and cleare, wherevnto you shall putte three vnces of dryе Broome blossomes, well mundyfied, from the verdure and greenesse that is in them, and from the white that you shall finde wythin: than stampe them so Grosely, addynge therevnto an vnce of the yelowe that is in the middle of white flowre delices, and a quarter of an vnce of Curcuma, and the syre part of an vnce of Saffron, w̄ a litle Synamom, Bengewine, Muske, and Ciuet, if you wyll. All these thinges wil giue a good sauour, helpe the colour and comfort the head: you must put al together into one vessel or vielle, wherein muste bee oyle, which you shall kepe in the Sunne al the Sommer, and so take of it at euery time, a litle for your face, and the older it wareth, the better it wil bee. Also you maye at the ende, putte the oyle againe vpon the saied drogges, into the vessel, for they wil continue still good together manye yeres: or elles you maye chaunge those substaunces, accordynge as you see neede. It shall bee also very good to anoynte with this oyle the kombe that women kembe them selues with, in the Sunne: or elles laye some linnen cloth hote vpon their head, and let it so lye, without putting any other thing to it. This is a thing very rare and excellent for a queene: for to doo thus there can not bee founde a better.

¶A very goodly way or maner howe to make yelowe aberne heare, without standing long or nothing at al in the sunne a rare and a very excellent secrete.

TAke halfe a pounde of Antimonium, halfe a pounde of wine leese, nine vnces of salt Peter, al these thinges being finely braied & incorporated, take an earthen pot or panne, and put it in the middle of a fire, that the fire maye be both aboue it and vnderneth it, vntyll it be redde hote: than caste in the sayde ponders, by litle and litle with a spone, tarrynge a litle space betweene euery sponefull castinge in, vntill the fyrst be al burnes

burned, and continue so castinge in one sponeful after another, vntill all be in. But this muste be dooen in a chymney, or in an open place, because there wyl ryse suche aboundaunce of smoke that it is not possible for you to endure it, than haupnge letten it coole, breake the sayde panne, and in the bottome you shall fynde as it were a maner of a thicke cake or browne lose. Than breake the sayde matter and substaunce in dyuers pieces vpon the grounde, or in some cleane place, and you shall fynde in the middle, certayne little graynes like vnto fine siluer: but they be brittle and easy to be broken. And this is it that the searchers oute of the Secretes of nature do call the kynge or chiefe of Antimonium, whiche in operation belongynge to metall serueth for many thinges, as we will after declare. But this will not serue any thyng at al for to make heare white notwithstandinge you muste kepe it by it selfe. Than take the reste, and the blacke substaunce and yellowe, and all that you finde in the bottome, and on the sides of the sayde panne. All the which thinges (because they wyll incontinent ware moyst (you shal stampe grossely and quickelye, addinge to it for euery pounde, an vnce of Vitrioli, rubifyed or made redde, as we wyll shewe you hereafter. This doone, putte all these thynges together in lye, not to stronge, and lette it stiepe vntyl it becomme as it were a saulce, putting to it, two vnces of the oyle of yelkes of Egges, if you haue anye, if not, take Dyle Oliue. Nowe, you muste keepe this licoure thicke as it is, in same vessell, vntyll it be harde, and you shall fynde it alwaies good. When you wyll put it in effect, take common lie, and put into it two or three vnces of rawe Roche Alome stamped, and washe youre heade with it as you are wonte to doe. And after you haue washed it, without dryinge it any otherwise than of it selfe, annoynte all youre heare with the saied licoure heated, and beynge thus annoynted, wrappe them in a hote linnen clothe, restinge your selfe a while. This doen, you shall take of the sayed annoyntynge, washynge youre heade wyth hote lye, dryinge and

dressing the Sope as you shal thinke good. And finallye washe youre heade and heare agayne wyth a lyttle warme white wyne and wrappe them wyth a hote linnen clothe, or drye them in the Sunne, or by the fyre, as you will, and laste of all you shall annoynte youre selfe with oure saied oile, or with the Dile of Jasemin, or some other odoriferous and swete Dyle, which may conserue the heares that they breake not, and may geue them a lustre to make them glister and shine, vsing this maner of annoyntinge euery. xv. dayes, or euerye moneth, as you liste youre selfe. By thys meane you shall haue fayer heare and glysterynge lyke golde. But remember to vse in al thinges a discretion, and diligence at the fyrste whan you vse any receipte, as for an example in this confection, you muste take hede that the lye be not to stronge, leaste with the sayed oyntment (whiche I tell you is verye stronge) eate and consume your heare. Also you muste wel consyder the quantitye, and howe longe it muste lye on youre heade, before you washe it awaye, as is declared: and soo, according to the experience that you shall haue in the effecte, you shall vse and gouerne youre selfe in all thynges, for there is no rule so certaine, but leaueth alwayes some place for the discretion, dilygence, and Judgemente of the persone that wyl folowe it, and putte it in vre or effecte.

¶ An ointment to make the heares fall from any place of the body.

TAKE the whytes of three newe layed egges wel beaten, eyghte vnces of quick Lime, an vnce of orpiment, and the whole beynge beaten into pouder, let it be put amonge the whytes of the egges and adde to it after a lyttle lye, so muche that it may make it a licoure thycke lyke sauce. Than wyth a pensyl or some other thynge, annoint the place from the whyche you will haue the heares fal, and leaue the oyntmente so vpon it the space of a quarter of an houre, or a lyttle more, than washe the place with warme water, and al

the

the heare wyll fall of, or if not, you muſte annoynte it againe, and hauyng ſtaied a while, waſhe it as before, and the heares wyl fal of wythout doubt. Finally you muſt annoynt the ſaied place with oyle Roſet, or with the oyle of Violettes, and the ſkinne wyl remaine very faier, and without hurt.

¶ An oile or licoure to make the heare fall of, and may be kepte as longe as a manne wyll: It is alſo good for all occaſions.

TAke an vnce of Soda (whyche is aſſhes made of graſſe, whereof glaſſemakers doo vſe to make theyr Cryſtall) ten vnces of quycke lyme eyghte vnces of Orpimente, and make thereof a fyne pouder, whyche you ſhall putte in a panne, wyth as muche ſweete and cleere lie as wil be aboue the pouder a hand full: than boyle it together a good houre, and after hauinge lette it ſtande by the ſpace of. xriiii. houres, you muſte ſtrayne it, and take thre vnces of it, and put thereto an vnce of oyle Olyue, and let it boyle together vntyl the water be conſumed and vanyſhed away, whiche you ſhal knowe, caſtynge a droppe or two into the fyre, wyth a little ſticke, and if it make no noiſe it is a ſigne there is no more water lefte. If you wyl make it odoriferous and ſweete, put to it Muſke, or Ciuet, & ſo kepe it: and whan you wil make the heares to fal of, waſh firſt the place wel with hote water, thā annoynt it wᵗ the ſaid oyle, and leaue it ſo a certaine ſpace and than waſſhe it againe with hote water, and al the heare will fall away Finallye annointe the place with oyle Roſet, or violet oyle.

An aduertiſement or leſſon for them that wyll make the heare fall of.

FIrſte, you muſte note that the heare wil not fall awaye, but whan the mone decreaſeth, that is to ſay, in the quarter of the wane, & it is far better to make them

them fal of with the oyntmente, or wyth oyle, than to plucke them out with a paire of pincers, as some gentle wemen do vse in Fraunce, because it doth violence vnto the flesh, moueth the blood, and enlargeth the pores and also maketh the heare to growe againe greater. Therefore in al sortes it is good to annoynte by and by the place with some coolinge or refreshing oyle, as oyle roset, or of Violettes. Likewise, you must vnderstande that oftentimes the oyntment beynge mixed with Dyapiment, burneth the skinne, and that commeth by the naughty or to stronge composition of it, or whan a man letteth it dye to longe vpon the place, or without fyrst washinge the place wyth hote water, or whan a man annoynteth not the place by and by after the heares be fallen, as we haue sayd before.

¶ To cause that the heare shall growe no more or to make them come out thynne and fyne like the first soft heare or mosynes of the face.

A Man can scant fynd a remedy that the hear growe no more, because that many whan they wil do it, they make certaine ointmentes very colde and dry wherwith they anoint the place a good while, not doing any good at al, by reason of ỹ power of nature, whi che hath alwaies his course, & casteth out her superfluities, with the heare. Therfore they burne the skin and do but marre it, wherfore you must note that they must make theym fall of in the laste quarter of the wane of the Moone, and then incontinent annoynte the place with oyle rosat, or of Violetes: this dooen, the heare groweth againe weaker, softer, and finer: and slacketh at euery time more and more in comming forth.
But if you wyl that it neuer growe more, vse these remedies folowinge, whiche are very good, and certaine by experience. Take the litle stones of Olives burned the outwarde coddes of beanes dried, the seede of Henbaine, Litarge of golde and siluer, the shelles of fysshes called in Latyne Tellinæ, burned, and the iuyce of blacke

Poppy

Poppy, as much of the one as of the other, and halfe as much Opyment as of one of those thinges. Al this beyng beaten to pouder, boyle it in as muche oyle Olyue rosat, as wyl couer them fyre fingers heyght, styrringe it continually by the space of twoo or thre houres: than let it coole, and straine the sayed oyle, and so keepe it, putting to it the fourth part of the oyle of Helandyne. And when the heares bee fallen, take a little lynnen cloth, wette in the said oyle luke warme, and lay it vpon the saied place, leauing it so bounde on all a nyght. In the morning take of the lynnen cloth, and annoynt the place with oyle rosate: and at night lay the lynnen cloth on againe wetted as before: and this do. vi. or. vii. nightes, but let it be in the wane of the Moone. And yf you perceyue that the heares grow againe, make them fal awaye agayne at the nexte wane of the Moone, doyng in al poyntes as before: you shall not oft doe it, but you shal make that the heares shal neuer grow more.

¶ To make a kinde of cloth or plaister to take the heare from the face, necke, and handes, or from any part of the bodye.

TAke twoo vnces of Turpentyne, halfe an vnce of white ware broken small, or somewhat moore or lesse, accordynge as neede shall requyre, Bengewyne, Storax Calamita, at yours discretion. Fyrste melte the ware a lyttle, with a lyttle fier, and than the Bengewyne and Storax: after this, put in the Turpentyne addinge to it a lyttle Ceruse well brayed, and setting it to the fyre, putte in to it a lyttle Mastycke, and make thereof a mirpon neyther to thicke nor to cleare or thinne. Than take a piece of lynnen clothe of what bignesse you wyl and lay it abrode vpon a table, spreading afterwarde the saied composition vpon it with a spone, or some other thinge, as it were in maner of a plaister, than let it coole, and keepe it so the one vppon the other open, without foldinge vp the lynnen clothe, for when the saied mirion is colde, it is harde. If you wil put it in proffe and occupie, doe as followeth.

At

At night when you goe to bedde, washe your face and necke with like warme water, rubbynge it well with a linnen cloth, or with your hand: and when it is dry or when you haue wyped it, take a pyece of the saied plaister, or cyred clothe, and heate it by the fyre, vntyll the sayed myrion bee liquide and softe, then immediatly binde it vpon youre face, or vppon the place, from whence you woulde haue the heare to falle, and presse it harde on, leauinge it so all night. In the morninge go to youre lokinge glasse, and pluckynge of one ende of the saied lynnen clothe, you shall plucke awaye with it all the heare of your face, and so shal you leaue a very faire skinne. And if in case there remain yet any of the saied mirion vpon the fleshe, washe it with hote water, and with wheate branne, rubbynge it so longe with some piece of lynnen cloth, tyl you make it fal of, than washe your face with Aqua vite, or whyte wine, or with some other distilled water, being not to strong, but let it be of Melons, or gourdes, or of such other like and vse afterwarde waters meete for the face, as you lyst, and thus shall you kepe and maintayne youre face as cleare as glasse.

¶ A meruelous secrete, whiche the greate lordes of the Moores doe vse, whereby they make that their children haue no heare vnder their armes, or other place where they wyll. And this secrete found I in Syria, the yeare 1521. by the meanes of a lord of the countrey, whose doughter I healed.

As soone as the child is borne, they make ready by and by a peece of fyne golde, or a Ducat, or els a ryngе, or some like thynge, and kepe it in the fyre vntil it be redde hote, not meltyng it, than they carry it with a payer of tonges & laye it vpon the place, where they wil no heare shal grow, and immediatly annointe it with oyle Rosat, or the oyle of Violettes: than after xxiii. houres, thei do the like again, and by this meanes there groweth neuer heare in that place.

I haue often times made the heare fal from yong gentilwomens browes and foreheades with this medecine and thei haue found it wonderful: but the golde muste be very fine, which suffereth no token marke or skarre to remaine wher the burning was, as other metals do. I haue kept this secret hidden a long time, & although that diuers times men wouldе haue geuen me greate giftes, yet would I not publishe it abroad, vntil nowe that I haue done it, in this present booke.

To make a kynde of cloth, called cloth of Leuant wherewith women vse to colour theyr faces.

TAke the shearyng of skarlate, and boyle it in water, where quicke lyme hath been boyled: and after you haue boyled it a good space, you shall straine it, and take a potfull of it, and putte into it two vnces of Brasell, cutte in lytle peeces, addyng to it an vnce of Roche Allome, and as muche of Verdigreese, and a quarter of an vnce of gumme Arabecke: And after you haue well boyled it the space of halfe an houre, take a peece of olde linnen clothe, of what bygnesse you wyll, and weete it in this decoction or redde colour, than couer the panne, and let the saied mixtion coole by the space of a day, and after you haue taken it out, dryе it in the shadowe and keepe it in some vessel, among odoriferous and soote thynges, for to helpe you.

The same another waye.

TAke a glassefull of Aqua vite, a quarter of an vnce of the grayne that I spake of before called coccum, halfe an vnce of Brasyll, halfe an vnce of gomme Armoniacke, putte all these thynges together, in the glasse where the Aqua vite is, than stoppe it close, for feare it take vente, and the saide Glasse muste bee full. After thys sette it vpon a small fyre, makynge it seeth faire and softly, or elles sette it in the Sunne by the

the space of twoo or three daies. This doen, strayne it, and put in it pieces of olde lynnen cloutes, as we haue saied before. If you thinke, in strayninge this water, that the coloure is not redde, to your minde, you maye put in moore of the saied grayne and brasel.

¶ To dye a white beard or heare of the heade into a fayre blacke.

TAke good galles of Leuant, or suche lyke, and frye them in oyle, but let them not burne: than stampe them, and sifte them once or twise. Take also Ferretum or Spanishe blacke, whiche the Frenchmen call Acrament d' Espaigne, the whyche lykewise you shal stampe and beate well to poulder. Than take a panne full of lye, and put into it the pylles or rynes of Pomegranades, Walnut pilles, Pineapples, Myrre, Sage leaues, as muche as you wyll. Let al thys boyle together, vntyl it bee broughte vnto the thyrde parte. You muste haue in it also two partes of galle, and one of Ferretum, temperynge and incorporatynge al wel together vntyl the blacke colour content you wherewyth you maydie youre beарde, and heare, in thys maner. Washe youre beарde wyth lye not to stronge, least it hurte you: and whiles your head or beard is yet hote, annoynt it wyth the saied confection: but it must bee luke warme, to the entent it maye penetrate and perce the better, and so leaue it a certayne space. Than washe youre heade or beарde fyrste wyth lye, and than wyth hote water, and you shall haue youre heade and beарde fayre and blacke. Thys hurteth not, nor smarteth any thynge at all, neyther bryngeth anye inconuenyence to the heade.

¶ A noble and excellent poulder to make cleane the teeth, to make them fast and white, and to conserue the gommes. A better thynge can not be founde, and it were to geue or present to a Quene Princesse.

Take

TAke Lacca of graine, if you can get it, if not, take of the graine it selfe that is verye good. x. partes, seuen partes of barley cakes or breade, so burned that they be brought to coales, Lignum aloe two partes fyne pommeyse stone scoured and made cleane in timbers, and stieped or tempered in whyte wyne, or in Vinaigre eyght partes, dragons blood three partes, roche Alome burned foure partes, honnye burned in a panne vntil it be first blacke, and than yelowe, three partes (and this may you do of the lees of honny, that remaineth whan it is distilled, puttinge it in a panne, and setting it in a glassemakers fournesse the space of a day or two) coles of the wood of rosemarye, three partes fyne Synamom two partes, Benge wine one part, Bole Armenick oriental, nine partes, white wine lees two partes, Aeblaster one part, smal pearles one part the scraping of yuorye two partes, little Quinces not rype, of the byggenesse of a Walnut, or a litle moze, fire partes. Nowe the best be those that be not come to perfection vpon the tree, the whiche you muste burne in the fyre euen vnto coales, Mastick eyght parts. Let all these thinges be well stamped, and passed through a fine sarce, addinge thereto a lytle Muske, and some Golde or Siluer foyle. This doone, you shall keepe the saide pouder in some bore well stopped, and so shall you haue a precious thing. And whan you wyll occupie of it, washe your mouthe wel first with cleane water or wine, than rubbe your teeth with your fingar, or some linnen clothe: taking of the saide pouder vpon it, and after washe your mouth well. Thus oft doyng, you shal alwayes haue your teeth very whyte, faste in your head, strong and not hollowe.

Lacca de graine, is a certaine confection or mixion, made of graine, and are lytle rounde red balles, Lacca is a Turkish word and not vsed among vs, but amongs the Italians.

To make a verye excellent conserue to scoure the teeth, to comforte the gummes, and to make a sweete and good breath.

BEcause the vse of the Pouder to scoure teeth, seemeth lesse commodious, than some lyke scoure or conserue, whyche agreeth better with the

the mouthe, therefore we wyll wryte here a verye excellent one, which hath not his lyke in ẏ world, & must be made as foloweth: take one part of syrop roset, two partes of the syroppe of Myrtel, or of the wood called Lentiscus, oute of the which commeth a gomme called Mastix, put this together in a cleane panne, than put to it of the saide pouder for the teeth, whereof we haue spoken in the chapter before, so that al may be brought into softe paste or dowe, than set the litle pan vpon a chafingdishe wherein muste be some hote ashes, wyth a few embers, or elles at the least set it farre from the fyre: and make it boyle faire and softly, styrring it alwayes vntil it be as thicke as honny or thicker: than take it frō the fier, & put to it some goldfoile and musk what quantitie you wil. And so shal you haue a singuler thing for to do this that I haue spoken of.

An aduertisement or lesson concernynge the makynge of pouders, and conserues for the teeth.

If you wil make the said things as excellent as is possible, you must take of the said things as much as you may get: or if you cannot haue them al, take at ẏ lest the most excellent, as graine, Pearles, Coral, yelowe Amber, Lignum Aloes, Boale armenick, also the coales of Barley cakes or Loaues whan thei are burned, and al the other thinges be very good in it. And if you would geue it to some great prince or Lord, which had rather haue it of a good colour, or wold knowe the thinges in it, you maye make it as is saide of fewe thinges, with goldfoile and Musk. And he that wil make it with lessē cost and a greater quantitie, may (w̄ the thinges mentioned in the chapter with the pouder) adde pouder of bricks, pouder of Marble, Creuise or lopsters shelles of the sea or riuer burned, & a litle white salt, the lees that remaineth in ẏ bottom when men make strong water called Aqua fortis, is also verye good, either by it selfe, or mingled with some other thinge, & so shall you haue a great

great dele of substaunce with smale cost. And if a man will make a conserue of litle charge, and without much labour, he must take rawe honny, or honny roset, and mingle it with the said pouders, and so rubbe his teeth therewith, with his finger, or with a linnen cloth, and washe his mouth wel after it. Doing this euery eyght dayes he shal make his teeth verye fayre and whyte. A thing very good, and mete for euery man.

An excedynge whyte and good pouder to scoure the teeth, whyche is meeter for lordes and great men, than anye of the other before.

First here is to be noted a goodly and notable secret of great vertue for to scoure and make whyte teeth, which is ỳ pommeise stone alone, so that it be of that fine and whyte stone, whiche Shoemakers doe vse to whiten whyte leather Shoes, and wel beaten in pouder: For in rubbinge your teeth with the same pouder, it scoureth and maketh them cleane, and taketh away all the roughnesse of them, as men see by experience, that the pommeise stone is vsed to polishe bones, marble, and other like thinges. I haue sene of my frendes, men of greate iudgement and knowledge, whyche gaue nothinge vnto greate men and Lordes, but the said pouder, whan it is wel beaten into pouder, a man can not tel what it is: also you maye geue it a lytle sauour, laying it amonge bagges of Muske and Amber, of whome it taketh an odour, and I haue seene men of estimation that holde it for a thynge of greate importaunce, whan they saw the vertue and operation of it. Howe if you wil make a whyte pouder, more noble and more profitable for the teeth and gommes, take smal pearles stamped a litle, or elles whole, and putte them in a dishe, or in a wide glasse: than take the iuice of lemmons or orenges strained through a linen cloth, at the leaste fiue or seuen times, and poure it vpon the saied Pearles, vntil it couer them ouer three or foure fingers high, and you shal see that in short space it wil

beginne to boyl, and than couer it with some paper, or linnen cloth, leauinge it so three or foure dayes, and at the ende you shall finde the sayed pearles dissolued and molten in the sayde iuyce, and tourned into a paste as whyte as snowe, marye there wyl bee a lyttle yellowe skinne vppon it, engendred of the sayed Iuyce. This doen, take cleere wel water, or the water of Lentiscus distilled, and poure it vpon the sayed paste, three or four fingers heighte aboue. Than take a little forke, or the steale of a syluer spone, or some thinne sticke, and styrre the paste well aboute in the sayed water, lettinge it so stande, and finallye caste oute the water, and yf you see yet anye of the yellowe, remayne vpon the saied paste, washe it againe, as before, and couer it with a paper, letting it so drye of it selfe, in the sunne. After this you shall take three partes of the saied paste, or whyte pouder, foure partes of white Pommeise stone, as is afore-sayed, two partes of white Bengewine, one parte of Roche Alome wel burned, one parte of white Corall, halfe a parte of white yuorye, halfe a parte of Alebla-ster very white. Breake and bruse all these well vpon a table of marble, or in a syluer cuppe, puttynge to it some siluer foile, and thus shall you haue a very whyte and excellent substaunce or matter to make your teeth as white as snowe. And if you wil, you maye put it to keepe in a conserue, with the syrope of Ceder, or honny Roset, or otherwise as you wil. Also, if you will make the saied pouder verye redde, dresse it excelye with the Lacca of graine, and a little redde Corall. Nowe, because that in stamping, it will ware somewhat white, put to it a litle Boale Armonicke, with a little of the iuice of Dragons bloude, and also golde foile. You maye geue to all these saied pouders what odoure and sauour you wil, but vnto the white pouder you may put no Muske nor Amber, nor any other suche drogges, for it would take awaie the whitenesse, but you maye putte it well ynoughe in a lyttle bagge amonge muske, or other odours.

A distilled water, excellent for to make the teeth whyte immediatlye, and to preserue them wonderfullye.

TAke a pounde of the first water distilled of honny, the which is white: than put it in a violle with an vnce of common whyte salte, halfe a pounde of rawe roche Alome, an vnce of Salnitrum halfe a pounde of the water of the leaues of Lentiscus, two vnces of Masticke, the heyghte of two fyngers of Vinaigre in a Glasse, and as muche whyte wyne.

Distil al these things wt a smal fier, that they smel not of the smoke, nor any burninge, continuyng your distillation in suche sorte, that you be at the least foure and twentie houres in distilling the whole, or ells you maye make it distill in Balneo marie, whiche is the surest of all: Nowe you musse continue your distillation so long vntil there be a moiste substaunte to come forth, and into the water that distilleth out, you shal put a litle pouder of fyne Synamom, a litle Lignum aloes, and Boale Armonicke, for to giue it a redde colour, which many men lyke well: also for to geue it a strength and odour, you shal putte in rawe Honnye makynge it dissolue in the heate of the Sunne, for it is a thynge good for the Gummes, and geueth a good sauoure vnto the water. Keepe thys well as an excellent thynge, and it were for a Queene.

And whan you wyll occuppe of it, washe well youre mouth fyrste, and wype your teeth wyth a lytle piece of whyte lynnen clothe, and than pyke them wyth a toothe piker made of the wodde Lentiscus or some other thinge wette in the sayde water, or with a lytle clothe, rubbe them a litle, and incontinent you shall perceyue and feele it fasten and bynde your Gommes, and comforte your teeth making them faire and white. And be that loueth better the whyte then the red, let him put no Synamom, Boale armoniake, nor Lignum aloes into it, after it is distilled, but let hym put it in to distill with the other thinges, putting of eche of them

as much as there is of Mastick, and it shalbe euen as excellent and as whyte as otherwise.

Three aduertisementes or lessons of importaunce to keepe the teeth whyte and vncorrupt, and also a sweete breath.

THe first is he that vseth not to washe wel hys mouthe euer when he hath eaten his meales shall haue alwayes yelow teeth and a stincking breath. The seconde is he that sleepeth with his mouth close, hath lykewise an euill breath and foule teeth. The third is that for to maintaine and keepe the teeth faire and whyte and a sweete breathe, when a man is layed in his bedde, and when he waketh in the morynge, it is good to purge wel the breaste and throte, spitting out al that is gathered together that nyghte: which also is good for the stomacke and heade. And hauing your teeth and breath warme take a linnen cloth or the corner of the sheete, and rubbe your teeth wel within and without, to take awaye the fumositie of the meate and the yelownesse of the teeth gathered together in the nighte: for it is that, that maketh youre teeth yelow, and gommes redde, and corrupteth youre breath. This is a very necessarye thing to be knowen, and ought wel to be obserued: It is also good to eate euery morning some graines of Mastick.

A decoction to washe and scoure the mouthe, to fasten lose teeth, to consolidate and make sounde the gommes, and to make the fleshe growe agayne, yf it were decayed or fallen awaye.

TAke halfe a glasseful of Vinaigre, and as muche water of Lentiscus, of Rosemarye, Myrrhe, Mastick, Coale Armenicke, the moisture that distilleth oute of Dragons blonde, Roche Alome burned, of eche of them an vnce, fine Cinamom halfe an vnce, well

wel, riuer, or fountaine water, three glaſſefulles: mingle all wel together, and let it boyle with a ſmall fyre, addinge to it halfe a pounde of honny, takinge awaye the ſcumme of it, than put in a little Wengewine. And whan it hath boyled a quarter of an houre, take it from the fyre, and keepe it it a cleane byole, and waſhe your teeth often times withal, as wel before, as after meat: and holdinge it a while in your mouth, it is very good for the heade, and maketh a ſweete breath. A thinge of great excellencie.

The ende of the fourth booke.

THE SECRETES of the reuerent Maiſter Alexis of Piemont.

THE FIFTE BOOKE.

¶ To make perfyte Aſure, ſuche as commethe from beyond the ſeas.

TAKE fyue a pounde of Lapis laſuli, ſpotted like Marble, and ſomewhat of the colour of Aſure, with ſome veynes of Gold or greene, of the whiche you ſhall make this proue folowyng. Take a lytle piece of it, and put it vpon hote coles, blowing it with a payre of bellowes, the ſpace of an houre, than let it coole agayne and touche it with your hande, if it breake, and vndoe lyke earth, it is nothing worth, but if it abyde fyrme and harde together, and keepe his colour of Aſure, it is good. Than take a poũd of the ſame and breake it into ſmall pieces, whiche you ſhal melte in the fyre the ſpace of a good houre, blowinge it continually. Thys doone, take good Vynegre dyſtylled in ſome kynde of veſſel, wherein you ſhal quenche the ſayed pyeces, and let them drye: than take water made as folowyth.

Take a panne leaded, and putte in it a quarte of cleare water, and a lyttle rawe whyte honnye. Boyle it, and ſkymme it wel, vntyll there be no more ſkumme, and ſo let it coole. Than take of Dragons bloude wel ſtamped, the quantitie of a Walnutte, and wette it lyttle and little with the ſaied water, and it beynge wel dipt, ſtrayne it thorowe a linnen cloth, into ſome veſſel leaded. And you muſte note, that the water may not be to redde, nor to cleare, but betwene bothe, that is to ſaye, betwene cleare and redde, to the ende that the Aſure

may

may take a Violette coloure. After this, braye well the sayde Lapis lazuli, so molten and burned, wyth the sayed water (as vermilleon is commonly brayed) by the space of an houre or more: thã assemble it together in a glasse or some other vessell leaded, ample and large, dryng it in the shadowe, and not in the Sunne: for it would lose his colour. And whan it is drye, beate it well to pouder, and kepe it in some cleane lynen cloth wel bound: than make this past folowinge. Take two vnces of the rosin or gomme of a white pine tree, two vnces of Pix-græca, two vnces of Mastick, two vnces of ỹ oyle of line, two vnces of Turpentine, two vnces of newe Ware: stampe well that must be stamped, and cutte the Ware into small pieces, than put all in a newe panne, and boyle it till it come to his perfection, whiche maye be knowen, by castinge a droppe of it into cold water, and if in takinge it with your wette hande, it cleaue not to your hande, it is parfecte: and therfore you shal straine it thorowe some cleane cloth, into a vessell full of colde water, but this must you do while it is yet hote, for if it be cold, it will not straine, and leaue it so long in the water, vntyll it be harde, than take it and set it to dry. Nowe, whan you will incorporate it with the pouder, do thus: Cut the sayde confection in smal pieces, which you shall put into some kettle tinned within, and set it on the fyre, and whan it beginneth to bubble vp, put to it an vnce of the oyle of bytter Almondes, letting it so boyl the space of two Miserere, and in the meane tyme make ready youre pouder of Lapis lazuli in a vessel, with some little styrke made for the purpose: than take the kettle, and poure it by lyttle and lyttle, into the vessell vpon the sayed pouders, not ceassinge to stirre it alwayes with the lyttle sticke, vntill it be all well incorporated with the sayde pouder of Lapis lazuli. This doen, let it cole, than annoynte your handes with oile Olive and take the sayd substaunce, and tosse it vp and downe with youre handes, to thende to incorporate it well together. And after you haue broughte it to the fourme and fashion of breade or paste, put it in a vessell leaded,

and keepe it ſo the ſpace of tenne dayes at the leaſte. And whan you will take out of it the Aſure, make fyrſt cleare lye, with the aſſhes of vynes, of the whiche you ſhall ſet a kettle full to the fyre, ſeethinge it as hote as you may endure your hande in it: than after, putte the ſaied confection or paſte in a veſſell leaded, and adde to it as much of the ſaied lie as you ſhal thinke good.

Than ſtyrre the ſaied ſubſtaunce fayre and ſoftlye, vntyll you ſee the Aſure come out, and whan you ſee it iſſued out, powre the ſaied lie with the Aſure into a veſſell leaded, of the which veſſelles you muſt haue a good number, than put to it againe of the other hote lie, doinge as before, puttinge it afterward againe into another veſſell, and do thus vntil there be no more Aſure. And here you muſte note, that of a pounde of Lapis laſuli if it be fine there is loſte but an vnce, and is had oute of it in the whole, eleuen vnces, that is to ſay: fiue vnces of good and fine, three vnces of a meane ſorte, and three vnces of courſer. The fine is worth at the leaſte twoo crownes and a halfe the vnce, the meanes, a crowne an vnce, and the other halfe a crowne. Nowe, after you haue gotten out all the Aſure, loke well which is lyke the one the other, for to put eche of them by them ſelues into three partes, as we haue ſaied. Than waſhe it wel with fayre and cleare lye, pouringe it out of one veſſell into another, vntil it be come to a good colour, and purified from all ordure and fylth. And whan you thinke it is cleane inough, drie it in the ſhadowe, in a chaumber, and whan it is drie, take a glaſſefull of fine Aqua vite, and ſtiepe in it a little good braſill, & than trimme and drelle your Aſure with the ſame Aqua vite, and let it drie, continuinge ſo the ſpace of three dayes, vntil the Aſure be participant, and haue taken parte of ſuche lycoure, and than it ſhall be of an excellent fine coloure. Keepe eche ſorte by it ſelfe in bagges of leather well ſowed and bonde.

¶ To make a fine confection of graine, called Lacca of graine.

Take

TAKE a pounde of the shearing of scarlette, and put it in a newe panne full of lye that is not to stronge, and boyle it vntyl the lye take the colour of it. Thys dooen, take a bagge, large and wyde aboue, and narrowe pointed beneth, whereinto you shall powre the sayed shearing of scarlette, and the lye, setting a vessell vnderneth, than wringe and presse the bagge harde, that all the substaunce, and al the colour may straine and dreane out, after that washe the shearing and the bagge, in the vessel where the colour is. And if you thinke that the shearinge, hath yet more colour in it, boile it againe with other lie, ordring it as before. This done, you shall heate the sayed coloured lie vpon the fire but let it not boile, and you must haue ready vpon the fyre some cleane pan, with cleane water, into the whiche beinge hote, you shall put. v. vnces of Roche Alome, beaten to pouder. And as sone as you see it dyssolue, take a bagge, lyke vnto the fyrst, and whan the coloure is hote, take it from the fyre, and put into it Alome, and casse all so together into the bagge, settynge vnder it some vessel leaded, and loke yf vnderneth the coloure come out redde, than take hote water and poure it into the bagge, with al the resse that was strained out of it, into the saied vessel vnder the bagge, and poure that so often, whiche shall straine and renne out vnderneth, vntill the licour that shal issue oute, be no more redde, but cleere as lye: hauinge thus strained all the water, the coloure will remaine in the bagge, whiche you shal vndoe and seuer a sonder with a sclyse of wood, putting it downe to the bottome of the bagge and bringe it al into a masse, or lumpe, or into little tablettes, or into what fourme you will, and than drie it vpon a newe cleane pauinge tyle, in the shadow within your house, or elles abroad where no sunne shineth. And so shal you haue an excellent thing of it.

¶ To dye bones in a greene colour.

TAKE a panne full of cleare water, and put into it a good greate ppece of quycke Lyme, leauinge it

it so the space of a day. The next day morning mingle it wel together with a sticke, and so let it rest: at none fyre it againe, and likewise at night. The nexte morninge folowinge, you shall straine it cleane oute and kepe it, in the meane time haue the bones that you wil die in a readinesse, and boile them well in other common water, wherein Roche Alome hath ben dissolued, and whan it hath boyled a good space, you shall take them out, and let them dry, than scrape them wel with a knife, and put them into the sayde Lime water, and addinge to it some Verdegrise, you shall let them seeth well, and than take them out. And after you haue wyped and dried them, do with them what ye wil, for they will be very fayre: And in stede of the saied lyme water you may vse pisse, whiche wyl be of the like operation.

¶ Another maner howe to die bones, or Iuorye, into the colour of an Emeraude.

TAke Agua fortis separatiua, and put therin to fret and dissolue, as muche copper or brasse, as the water is hable w̄ her force to dissolue and leuse: this doen, put in what peece of woorke you wyll, beynge fyrste cutte in the fourme that you will haue it, as hefles for knyues, penknyues, pynckhornes, images, or any other thinge to your fantasie, leaue them in it the space of a night, and they shal be of the coloure of an Emeraude. Nowe, if in steede of copper or brasse, you dydde put in Syluer, it woulde be the better.

¶ To die bones redde, blewe, or of any colour you wyll.

FYrste boyle youre bones in Alome water, than take quycke Lyme water, or Pysse, and in thys water or Pysse, you shall put Brasyll, Azur, or an herbe called Rubya, whiche the Apotycaryes call Rubra maior, and Rubra tinctorum, or

Rubea

Rubea tinctorum, in Englyſhe Madder wherewyth they coloure wolle or ſkynnes, or what other colour you wyl, and than ſeeth your bones or Iuorie therein, and they wyl take ſuch colour as you put in.

¶ A verye goodlie ſecrete to dye or colour woode, of what colour a man will, which ſome Ioyners do vſe that make tables and other thinges of diuers colours, and do eſteme it amonge them ſelues to be of ſuch excellencie, that one brother will not teache it another.

TAke early in the morninge, newe and freſhe horſe donge, made that night, and take of the moyſteſte ye can gette, with the ſtrawe or lytter and al, and lay it vpon ſome lyttle ſtickes layde a croſſe one ouerthwart another, and ſet ſome veſſell vnderneth, for to receaue that ſhall droppe or fall from the ſaide donge. And yf you can not haue inough in one morninge, doo the like two or three times, or as ofte as you wyl: than whan you haue wel dreaned out the water of this dong you ſhall put into euery pot of the ſayed water, the bigneſſe of a beane of Roche Alome, and as much gomme Arabick. Than ſteipe what colour you will in it, vſing dyuers veſſels, if you will haue diuers colours, and put in what pieces of wood you will, holdinge them at the fyre, or in the Sunne: and at eche time plucke out ſome pieces and laye them apart, leauinge the other in, for the lenger ye let them lie in the water, the more wyll the colour alter. And in this manner you ſhall haue a greate quantitie of diuers colours, the one clearer, the other darker, and maye vſe it to youre commoditie, to what vſe you liſt, for they ſhal be coloured both within and without, ſo that they wil neuer loſe theyr colour, neither by water or any other thinge.

¶ To counterfeyte the blacke woode called Hebenus, or Hebenum, and to make it as fayre as the naturall Hebene, which groweth no where but in India.

Sola India fert Hebenum,

ALl kynde of woode that is lyke vnto this Hebene, may be dyed blacke: but the hardeſt and the maſſiueſt (as bore and other like) are meeteſt for it, and wyl be brighter, and aboue al, the woode of a mulbery tree, as wel the white as the blacke, is the beſte to be couloured, albeit the blacke be muche more for the purpoſe. Take than the ſaied wood, and let it lye the ſpace of three dayes in Alome water, either in the Sunne, or a pretye waye ofrom the fyre, vntill the water ware ſomewhat warme: than take oyle Oliue, or Oyle of lyne ſeede, and put it in a little panne, wherein is the bygneſſe of a nutte, of Romaine Mitriole, and as much Brymſtone. This doen, ſeeth your woode in the ſayde Oile a certaine ſpace, and ſo ſhal you haue a thinge very darke of colour. And the lenger you let it boyle, the blacker it will ware, but to much boylinge burneth it, and maketh it brittle, therfore both in thone and other you muſt be circumſpecte, and vſe diſcretion.

¶ To die ſkinnes blewe, or of the colour of Aſure.

HAuinge fyrſte wel waſhed the ſkinne, and than wronge him, take the berries of walwort, and elder berries, and ſeeth them in water, wherein Roche Alome was diſſolued, paſſe him once thorowe this water, and let him drie, than paſſe him again thorow the ſame water, and beinge wiped and dried again waſhe him with cleare water, than ſcrape out that water with the backe of a knife, and once again paſſe it ouer with the ſame colour, and let it dry, ſo ſhal it be of a very blew or Aſur colour.

¶ To die ſkinnes in madder, called in latin Rubramaiore, or Rubra tinctorum, into a redde colour.

HAUINGE anoynted, waſhed, wronge, and layde abroade the ſkinne, as is aforeſayed, wete it wyth water that whyte wyne lees and

and Waye ſalt hath ben boiled in, and than wryng him. Take than creuyſes or crabbe ſhelles (be they of the ſea or of the riuer) burned into aſhes, the whiche yon ſhall temper with the ſayde water of the lees and ſalt, and rubbe well the ſkinne therewith, than waſhe him well with cleere water, and wringe hym.

This done, take the redde colour tempered in water of lees, and rubbe the ſkinne well ouer and ouer with it, and than with the foreſayde aſhes, waſhing, and wrin ginge it three times. Finallye, after you haue waſhed him, and wronge him, if you thinke it be not well ynoughe, you ſhall geue him one dyenge wyth Brazyll. The paſte or maſſe of Rubra tinctorum, muſt be made with water that lees or tartre hath bene boyled in, and the ſayed water muſt be luke warme, whan you make the paſte of the redde colour, than leaue it ſo the ſpace of a night. After this, put vpon the ſayd Rubra tinctorum, a lytle Alome, dragges, or lees, or Alome Catinum, ſteped in water. You maye alſo adde to it the colour of the ſhearing of ſcarlet, which hath bene taken oute boyling in lye, which is a goodly ſecrete.

¶ To die ſkinnes Greene.

Anoint the ſkinne, & waſhe him wel w̄ cold water and than in hote water, and ſo wipe and dry him.

This doen, take of the graines wherw̄ men make ẏ ſappe greene (ẏ decoction wherof ſhalbe put in thende of this boke, with them of al other neceſſary thinges) & the ſayde graynes or berries muſte be dryed, than put them in cleare water, couered a fingar heigth, put therein alſo Roche Alome, and geue theim onely one walme on the fyre. This doen, ſtraine them out into ſome veſſell, than take the ſkinne, and folde him in the middle, rubbinge him wel on both ſydes, with the ſaid ſodden graines, or berries, whiche remaine in the pan, and after with rawe Alome pouder. This doen take the aſhes of ſhepes donge burned, and wete it with the ſaied

Sap greene is made with the berries of a Dogge berrey tree.

ſayed coloure that you ſtrained into the ſayde veſſell, and rubbe the ſkinne wel on euery ſide, than cleare him againe of the ſaid graines, and waſhe him with cleare water, and ſet him to drye without wrynge him. Finally caſt on him two glaſſefulles of the ſayde colour, and it wil be a perfect greene.

Another waye to dye ſkynnes greene.

LEt the ſkinne be annoynted, wel waſhed, wronge and ſtretched out as before, than take of the ſame graines and berries ye tooke before, whiche you ſhall ſtampe and ſeeth in Roche Alome water, and geue the ſkinne twoo wipes ouer with this colour, and ſo let it drie. After this you ſhal giue him one dyng or colouringe of yelowe, made with the graines or berries of Nerprum, ſodden in water and Alome, and a lytle Saffron, and you ſhal haue an excellent greene.

To dye the ſayde ſkynnes greene another waye.

TAKE the ſkinne beinge annoynted, waſhed, and ſpredde abroade, dye and colour him with the coloure made of Sappe greene, and put to it a fewe aſches wette in water, and ſo rubbe the ſkinne all aboute. And whan you haue waſhed and wyped hym againe, geue him one wipe ouer with an Indian colour ſodden in Roche Alome. And whan it is drie, laye on it of the foreſaide yelowe, and you ſhal haue a fayre and liuely greene.

Another waye to dye Skynnes of aſure coloure, and fayre.

TAke the ſkinnes of blacke Grapes, and rubbe wel your leather withall, vntil it ware somewhat Bleiwe, and alſo rubbe it wel with the Pouder of Indicum, than waſhe it drie it and poliſhe it. Than ſteepe the Indicum in thicke redde wyne: and whan the ſkinne

skinne is washed annoynt him with it, and you shall haue a faire skinne assured Wlewe.

To dye Skynnes redde.

WAshe wel your skinnes and laye them in Galle, leauing them so the space of two houres, and than wringe them and giue them one wype ouer with the colour of Liguſtrum sodde in water and alumen fecis. Than put to them some Spanishe greene at your discretion. This done geue them two dipynges or colours of or with Brasel sodden or boyled in Lye. And note that if you will die Nettes leather or Spanishe skinnes you must boyle the Liguſtrum in sweete and cleare Lye.

Another maner to dye Skynnes greene.

YE shal take rype elder berries, and the berries and walwort, and of Sappe greene, and this wel stamped, you shall put to it Roche Alome, as muche as you shal thinke good, but rather to much than to lytle: than take the Lye, and putte into it the saide berries of Sappe greene, and seeth them one waulme. This done put in the berries of the walwort, or elder, and make them seeth also one waulme, than take them from the fire and let them coole, and after rubbe the skinnes with them. Finally you shal cast vpon them, the asshes of sheepes dounge, rubbing them wel wyth it. After this geue them the coloured water that the saied graines or berries were sodden in, than take of the water with a Curriers knife, and lette them dye. And if you neede to geue them more coloure, than you maye putte in moore indicum boyled, and it wyll be the better.

To dye Nettes leather into a greene colour, as well in galle as in leaues.

POlishe well the leather with a pommeyse stone, annoynte it well with oyle, and washe it: than take an vnce

vnce or two of Galles stamped, and put it in hote water, leauing it so an houre, than straine it thorow a linnen clothe, and putte the leather into the same water, rubbynge it wel wyth your handes and leaue it so the space of an houre; and hauinge taken it out wrynge it and stretch it a broad & tight it. Than take the graines or berries of Nerprum, gathered in July, whan they be yet greene: drie them and stampe them well, adding therto for euery skinne, two vnces of Roch Alom beaten in pouder and mingled with the pouder of the said berries or graines. Than powre vpon the saide pouder boyling water, and let it coole, this doen, powre of the said water with the said graines vpon the skinne, rubbinge it wel ouer with the palme of your hande, than stiep the asshes of goates dunge in the water of the said graines, and with the same water rubbe likewise the skinne wel with your hand, after this washe him, and scrape out the water with a tanners paring knife, than tight him out, and take other ripe graines of sap greene and set them to seeth, hole, in water with roch Alome, and afterward let them coole. Than take of the sayd sodden berries or graines, and rub the skin with them with your handes, and put of the asshes vpon it, which you shal stiep in the same greene water, that the sayde berries were sodden in. Finally you shall washe the skin, and take out the water with a scraping knife, then you shal giue it a course ouer of the saide greene water with a brushe or cloute meete for such a purpose: & than lay him to drie and trim him, and you shal haue a faire greene. If you will haue the coloure darker, or sadder, whan you set the said graines to seeth with the Alom, you shall put to it a litle Idicum well brayed. And you must note, that the water must be hote when you stiepe the asshes in it, w̄ the water of the graines of Nerprum.

To dye skynnes greene wyth the flowers of Irees.

Take

Take the freshe flowres of Raphanitis, or Ireos, and stampe them wel, than take the drie graines or berries of Nerprum, and with them stampe roch Alom, a reasonable quantitie, wherof a great deale can do no hurte: put to it a litle raine water, and mingle al this with the foresaid flowres stamped. Kepe this colour in some clene vessel, and than take the skinnes, being annointed, and washed as is aforesaid, and put to them the graines of sap grene with the pouder, in the same maner that we haue spoken of the other: wash them, and scrape of the water with a knife, and so let them drye, and giue them one wipe ouer finely with the saide colour ẏ you kept, let them drie againe, then dresse them according to the science, and you shal haue a fair lether.

Ireos a kinde of floure de luce called in latin Raphanitis.

To die bones in a turkyshe or redde colour.

All kinde of bones may well be died and coloured, but Hartes horne is farre better then anye other. Take than what bone you wil, and shape him into what forme you please, & polish him, & then bolle him in Roche Alome water a good while, letting him afterward drie, than take good greene, & step it in ẏ whey of goates milke, & put it in some copper or brasen vessel wel couered, & hide it vnder a dongehil the space of .xv. or .xx. dayes, & then shal you finde it verye fayre. You may make the like also with the vrine of a man in stede of the goates whey. And for to make it red, put in cynabrum, or Brasyll, in stede of greene: but than you must put it in some vessel of wodde or glasse, and not of copper nor brasse.

To dye hogges brystelles, and other thynges, for to make rubbers and brushes.

First washe wel the brystels, then take water wherin Roch Alome hath ben boyled, and put the sayde bristels therein, and let them lye vntil they take a colour somewhat yelow: than take madder wel stam-

ped, and put it in vineaigre. Afterwarde fette a kettle with cleare water on the fyre, whereinto you shal cast the sayde madder, with the Vineaigre and all, and whan it beginneth to boyle, caste in the bristelles, and let them seeth but a very lytle whyle, than take of the kettle from the fyre, and let it coole, and so shal you haue your bristels of an excellent good colour.

To dye the sayd bristelles yellowe, greene, or blewe, or anye other colour.

Fyrst, you muste washe them, and let them boyle in Alome water, as the other before: than take Ligustrum, and Saffron, yf you wyll haue them yellowe: indicum, or the iuice of Elder berries, or Walworte, or elles the flowers of Ireos, if you wyl haue them blew. If you wyll haue them Greene, take Paynters Greene, and dresse them as is aboue sayde, assayinge sometyme yf the colour please you. And by thys meanes you may die them what colour you lyst.

To make a purple or purpurine, which is a colour wherewith men vse to make a colour lyke golde, for to paynte and wryte wyth.

Melte a pounde of fyne tinne, and melted as it is, take it from the fyre, and put into it eyghte or tenne vnces of quicke siluer, mingle well al together vntill it bee lyke as it were dowe: than take a pounde of Brimstone, and a pounde of Armoniacke salte wel brayed. Incorporate all this with the sayde dowe of the Tinne and quicke Siluer, and braye them well together in a morter, or other vessel of wodde or stone & not of bras. Than put al this composition into some viol which must be wel luted or clayed about the mouth, or so emplastred that the claying or luting be higher than the viol a finger height or twaine: than afterward set it so vpon ỹ fourneys, making to it a slow fyre at the first, & afterwarde a litle bigger, and so you

shall

shal maintaine it stirringe at times with a litle sticke that whiche is in the glasse. And whan you see that it wil make a yellow colour, take it from the fyre, and let it coole, and so shal you haue a verye faire purple colour lyke the colour of golde: Afterwarde bray it with lye, and washe it with pisse or lye, addinge to it a litle Saffron, and steepe it with gommed water, as you shal see hereafter more playnelye.

To make Lacca of Brassyll.

TAke two payles full of stronge lye, and put in it a pounde of the shearinge of fyne Scarlet, and let it boyle vntill the sayde shearynge be altogether dissolued and consumed into water: than after powre it into some vessel of wood or stone, and cast into it by litle and litle, a pounde of Roche Alome, minglynge it wel with a sclyser of wood, and powre also to it, by litle and litle, two pailes ful of colde water. And after putte it in a straynynge bagge, and lette it dreane and trickle out, than put that remaineth in the bagge into some vessel of glasse. This done you shal set on the fyre a pounde of Verzine or Brasyl cutte in peeces into a payle ful of lye, and let it seeth vntil it bee diminished the thickenes of a finger, than straine it in another bagge, and let the water that commeth out be set againe on the fire, with an vnce of gomme Arabick made in pouder, and let it seeth vntil it be diminished halfe a finger: then powre it vpon the saide compositi-on, that you did put into the vessel of glasse, mingling wel al together with a wodden sclyser, than put it in a bagge and straine it wel. The dowe of Verzine wyl remaine in the bagge, whereof you maye make rounde apples or balles, and drie them in the shadowe, and it wil be parfite.

To make whyte tables to wryte in wyth the poynte of a wyre, suche as come out of Garmanye.

TAke plaiſter called Gipſum, cribled and ſyfted, and ſteepe it and temper it with Hartes glue, or other, and geue your Parchment leafe one touche with it, and whan it is dry, ſcrape it, that it maye bee euen and bright, and couer it ouer agayne with the ſayed plaiſter called Gypſum, and ſcrape it as before: than take Ceruſe, well brayed and ſifted, and ſteepe it with the Oyle of lynſeed ſodden: annoynt your tables with this mixtion, and let it drie in the ſhadowe, the ſpace of fiue or ſixe dayes. This doen take a cloute, or linnen cloth wete in water, wherewith you ſhal ſlycke and make ſmoth the ſaied tables, but the clothe muſte fyrſt be wronge hard, and the water preſſed oute, then leaue it ſo the ſpace of. xv. or. xx. dayes, vntil it be thorowe dry, than applie it to your vſe.

To make roſet, or ruddle.

TAke an vnce of Braſil broken ſmal, a quarter of an vnce of Ceruſe, and a quarter of an vnce of Roche Alome, mixe all theſe thynges wel together, and ſtampe them wel, than powre pyſſe vpon them, vntill they be all couered with it, leauynge it ſo the ſpace of three dayes, and mixing it. iii. or. iiii. times a day. Afterward ſtraine it thorow a linnen cloth, and put it in a pan not leaded, or in a morter of white ſtone and let it drie in a place where there commeth neither Sunne nor day light: than ſcrape the ſayde roſet, and keepe it, and whan you wyl write withal, ſteepe it in gommed water.

To gylt ouer parchement, leather, or other ſuch worke which men vſe in ſtede of hangynges or tapiſtrye.

TAke three pounde of the Oyle of lyne, Vernix, Pix Græca, of eche a pounde, halfe an vnce of Saffron pouder. Boyle all thys in a panne leaded, ſo muche, and ſo longe, that puttynge into it a Hennes feather, and takynge it by and by oute agayne, it

ſeeme

ſeeme as it were burned. Than take it from the fyre, and take a pounde of Aloe Epaticum, of the beſt, wel made in pouder, and caſte it in by lyttle and little, ſtyrring it incontinent wel together wyth a ſtronge ſticke: for otherwiſe it woulde ſwel and ryſe vp a lofte. And yf in caſe for al the ſtyrringe it riſe vp, take it of the fyre, and let it ſtande a while, and than ſet it on the fyre againe, making it boyle a new, ſtyrring it alwaies diligently. And whan al is well incorporated together, take it frō the fyre, and let it reſt a while, than ſtraine it thorowe a lynnen cloth, into ſome other veſſel wherein you wil kepe it, and it is made. Nowe, if in ſteade of Saffron, ye did put to it of the yellowe ſeed which is in the flowres of Lylyes, you ſhall make it muche better and fairer. Whan you wil gylte the parchemente, you ſhal gene it a grounde or ſytuatyon wyth the whyte of an Egge, or Gomme, wherevpon you ſhal laye ſyluer or tinne leaues, but it ſhal not be ſo fayre with the leaues of tinne, as with ſyluer. Than lay the ſayde Vernix hote vpon the parchement, or leather ſiluered, and you ſhal ſee immediately a coloure of golde very fayre. Lette it drye wel in the Sunne, and printe it, than paynt it with what colour you wyl.

¶ To dye crimſon ſylke.

FIRSTE cutte in ſonder, or ſcrape harde Sope ſmall, and melte it in common water, than take youre ſylke in a lynnen bagge, or of fyne canueſſe and thynne, and putte it into a kettle with the ſayde water and Sope. Let it boyle halfe an howre, ſtyrrynge it that it cleaue not to the kettle then take it it out, and waſhe it in ſalt water, and after in freſhe water.

Take alſo for euerye pounde of Sylke, a pounde or more of Roche Alome alayde in colde water, and ſee there be water ynoughe, into the whiche you ſhall put

the sayde Sylke without anye bagge, and without settynge it on the fyre, leauynge it so the space of eyghte houres: than take it oute and washe it in freshe water, and after in salte water, then agayne in freshe water, and let it not drye, but putte it wete as it is in a kettle wyth the Crymsen, well stamped and syfted, that is to saye, three vnces for euery pounde of sylke. If you will haue the sylke of a higher colour, take foure vnces of it, and boyle it in as muche water as wyl couer the sylke, and that the water be aboue it foure or fiue fyngers high, and for eche pounde of the sayde Crimsen, you shall putte in three vnces of small galles of Istria, well beaten into pouder: or in stede of them, you may put in halfe an vnce of Arsenick Cristaline, for euery pounde, whiche wyl make the colour fayrer, but it is daungerous because of the smoke, and al inconueniences that maye happen, where suche water maye fall. And whan it beginneth to boyle, put into it your Sylke, prepared and ordered as is aforesayed, and let it boyle a quarter of an houre. Finallye take it of, and lette it dryye in the shadowe, and you shal haue an excellent thinge.

¶ To prepare and trymme Brasyll, for to make of it foure diuers colours.

PVT Brasyll in as muche cleare water as ye wyll, and seeth it vntyll it be dimynyshed of the thyrde parte, or at the leaste vntyll the coloure please you, that is to saye, that it be verye redde, than deuyde thys coloure into foure partes: and yf of one of the partes you wyll make a redde coloure or Roset putte nothinge to it, for the coloure wyl be suche of it selfe.

If you wyll make the other parte blewe, put to a lyttle Lyme water, and you shall haue verye fayre blewe: marye the Brasyll muste be luke warme.

If you wil make it Violet, put lye to it: but if tawny

you

you shal putte to it Alumen fortis.

¶ To make roset of Brasyll another waye.

YE shall take a potte of water, and putte in it the byggenesse of a Walnutte of vnsleaked Lyme, leauynge it so the space of a nyghte, then take as muche Brasyll, bruised and broken, as wyll fyll the vessell, that you wyll boyle it in, halfe ful: than poure into it the sayed water with the Lyme wel strained, and lette it so stepe in the saied water, the space of foure howres, makinge it afterwarde boyle vntyl it be come to halfe, than bowe downe faire and softly the vessel that you boyled it in, and drawe oute the colour into some other cleane vessel, puttyng to it the quantitie of a Tyche Pease of Rocke Alome, well brayed, and putte it in whan it is verye hote: than shal you haue a goodly thynge to do wythall what you will. If you wil write with it, adde to it a little Gomme water. If you wyll make it Blewe, putte to it three vnces of Lye, more or lesse, into a vessell, and you shall haue a very faire blewe.

¶ To make beyonde sea Asure, without Lapis. Lasuli.

YE shall take an vnce of Syluer, calcined or burned wyth Aqua fortis, and an vnce and a halfe of salt Armoniacke, mire all well together with vynaiger, and lette it clarifye a lyttle. If the Vynaiger be more than the sayd thinges, take away that is to much and put the rest in a vessell well leaded, and wel stopte, that the substaunce haue no vente oute, leauinge it so xxb. dayes, and at the ende you shall finde verye fayre Asure.

¶ To make a greene colour to write or paint with.

TAke Uerdegriſe, Litarge, Quicke Syluer, and braye all thys together wyth the piſſe of a younge chylde: and than wryte or painte with it, and you ſhal ſe an excellent colour, as it were an Emeraulde.

¶ To braye fyne golde, wherewith a man maye write or paint with a penſyll.

TAke Golde leaues beaten, and foure droppes of honny: myxe it wel together, and put it in a glaſſe. And whan you wyll occupie it, ſteepe and temper it in Gommed water, and it wil be good.

¶ The ſame another waye.

TAke as muche as you wyll of the leaues of beaten Golde or Syluer, and laye it abroade in a large cuppe or glaſſe, as euen as you can and wette it wyth cleare water, than bray it with your fingar, wetinge ſometime your fyngar, but ſpreade it not to muche abroade in brayinge it, and continue thus doynge vntill it be well broken, puttinge vnto it alwaies water. And whan you thinke it is broken, and brayed ynoughe, fyl the cuppe wyth cleane freſhe water, and ſtyrre it well, than let it repoſe halfe an houre: After this ſtraine the water, and you ſhall fynde the golde in the bottome of the cuppe, the whyche you maye drie at youre pleaſure. Whan you wyll putte it in experience, ſteepe and temper it wyth Gommed water: alſo you muſt kepe it wel couered, that it take no fylth. This is the beſte waye that is, to make brayed or pownned Golde.

¶ Another waye with Purpurine.

TAke Purpurine, whiche you ſhall fynde to be ſold, or that you haue made youre ſelfe in the manner aforeſayde, than put it in a dyſhe, with pyſſe or lye, and dippe it well with your fingar little and lyttle: after

terwarde fyl the dysshe wyth pysse or lye, and let al setle downe into the bottome. This doen, styre it agayne, chaunging often the sayd lye, vntyl al be as you would haue it, and finely beynge broken and pounned, and that the last pysse or lye be as cleare as whan you dydde put it in, and after you haue strained it oute, you shall put to it a lytle Saffron, and temper it with Gommed water. Than maye you wryte, paynt, or do any thinge elles with it.

¶ To make a grounde to gylt vpon with burnished golde.

TAke Gipsum, the quantitie of a Walnut, Boale Armenicke, the byggenesse of a Beane, Aloe hepaticke, Sugre candy, of eche of theim the quantitie of a Beane, stampe them by them selues, and puttinge the one vpon the other, you shall put to it lasse of all a little Ciuet, or honny.

¶ To laye or settle golde with a single grounde.

TAke fine Gipsum, Aloe Epaticum, Boale Armenick of eche a lyke quantitye, and temper it wyth the whites of newe layd egges, whiche you haue strayned thorow a linen cloth, & if your ground be to stronge you may temper it with water.

¶ Another waye to laye on golde.

TAke Gommed water, and with the same onelye put Golde, and the layed grounde wyll be good vpon parchemente, or vppon skynnes, the lyke maye you make with the whites of newe layed Egges, and with the milke of figges alone.

¶ To make colours of all kynde of metalles.

TAke Cristall, or paragon stone, and braye it well wyth the whyte of an Egge, and than wryte wyth it,

it, and whan it is dry, rubbe the writynge with golde or any other metall, and you shal haue the same colour that the metall is of.

¶ To laye golde on a blacke bottome or grounde.

TAke the smoke of a Lampe, and punne or braye it well with the Oyle of line, or of Walnuttes. And whan you wil laye the Golde vpon the sayd ground, se that it be neither to moist nor to drye.

¶ To laye golde vpon marble or vpon anye table of stone or other.

TAke Boale Armonick and braye it well wyth oyle of Lyne or of Walnuttes. And whan you wyll laye the Golde vpon the sayd ground, let it not be to moyst nor to drye.

¶ To make letters of the colour of golde, without golde.

TAKE an vnce of Orpimente, and an vnce of fyne Cristall, and braye theym eche one by hym selfe, than myngle theym together wyth the whytes of Egges, and write with it.

¶ To make syluer letters without syluer.

TAke an vnce of Tinne, two vnces of quicke syluer, and melte them together, than braye theym with Gommed water, and write with it.

¶ To make greene letters.

TAKE the iuyce of Rue, Verdegrise, and Saffron: braye them wel al together, and wryte therewith with Gommed water.

¶ To make white letters in a blacke feilde.

Take

TAke the pure mylke of a Fygge tree, in a glaſſe, and ſet it in the ſunne the ſpace of halfe an houre: than alaye it, or temper it with Gommed water, whan you will occupie it. And whan you haue written with it blacke the paper wyth incke, as muche as you wyll if the papar be greate: and whan it is drye, rubbe it well with a linnen cloth. Than the letters that you made with the mylke of the fygge tree, wil go of altogether, and the paper wyl remayne written white, becauſe it was kept and preſerued by the ſame milk, from the yncke, where the letters were. The like maye you make with the yelke of an Egge, tempered in water, wyth the whiche you maye wryte alſo: And whan the writinge is drye, rubbe wel the paper ouer with incke, as before. And whan it is drye, rubbe the ſayde letters made wyth the yelke of the Egge, with ſome lynnen cloth or knyfe, and they wyll goo of, and leaue a whyte ſpace, whereby you ſhall haue fayre white letters in a blacke paper.

¶ To make a greene colour for to write and paint withall.

TAke Spaniſhe greene, and ſteepe it alone in Vynaigre, and paſſe it thorowe a linnen cloth, and brayе it wel vpon a Porphyre ſtone, with cleare water, and put to it, in brayinge it, a little honny, and lette it dryе well, than brayе it againe wel with Gommed water, and it wil be perfecte.

¶ To trimme and dreſſe Aſure.

AZure is brayed w̄ honny, as Spaniſhe greene is but ye nede not purge it otherwiſe: temper it with the whites of Egges beaten, or with the water of glewe, and not of Gomme. The water of glewe, is made with parchemente glewe, cleare and mollified, and ſtrained as Gomme is.

¶ To

¶ To dreſſe or trymme Cinabrium, for to wryte or paint wyth,

BRAYE wel the Cinabrium vppon a Porphyre ſtone, with cleare Condite water, than let it dry, and put it in an vnckehorne, or glaſſe, but it is better in an vnckehorne in wynter. After thys poure piſſe into in, minglinge it well together, and leauinge it ſo vntyll nyghte, vntyll all the Cinabrium be gone to the bottome: than chaunge the pyſſe, and do as before, leautnge it ſo vntyll the nexte morninge, chaunginge ſo the vrine or pyſſe foure or fyue dates, vntil al be wel purged. Than take the whyte of an Egge well beaten, vntyll it be brought into cleare water, whiche you ſhal poure vpon the Cinabrium, ſo that it be more than a fingar aboue it. After mixe wel al together with ſome ſticke of a Walnutte tree, or elles with ſome little bone, than lette the Cinabrium deſcende downe to the bottome, and do with this as before with the pyſſe, the ſpace of two or three dayes, and this will take awaye all the ſauoure of the piſſe. This dooen, ye ſhal put to it another whyte of an Egge and mingle all well together, and than it wyll be perfyt: you muſt kepe it well ſtopped. At euery time that you wyll occuppe of it, ſtyre it well: and whan the whyte of the Egge is ſo dreſſed, as is declared, it neuer corrupteth.

¶ A grounde to lay golde vpon any mettall or yron.

TAKE Vernix liquida, a pounde, Turpentine, Oyle of lyne, of eche of theym an vnce: myxe well al together, and it is made.

¶ To gylte the edges of bookes.

TAke the quantytye of a Walnut of Woale Armenicke, the byggeneſſe of a Cyche peaſe of Sugre Candye: braye them dyre the one wyth the other,

and putte to it a little of the white of an Egge well beaten, than mingle well al together. This doen, take the booke that you will gylte, whiche muſt be wel bound, well glewed, euen cutte, and wel polyſhed, ſet him faſt in the preſſe, and that as euen and as righte as you can poſſyble. Then wyth a penſyll geue hym a wype ouer with the white of an Egge well beaten, and let it drye, than geue him alſo another with the ſayd compoſition. And whan it is well dried, ſcrape it, and polliſh it wel. Laſt of all when you will laye on the Golde, wette the ſayde edges wyth a lyttle cleare water, with a penſill, and than incontinent put on the golde leaues, cutte in that biggeneſſe they ought to be, and whan it is drye, polyſhe it with a dogges tothe. This doen, you maye make what worke you wil vpon it.

¶ To kepe whites of egges as longe as a man will without corruptinge, and without putting Arſenick to it. A ſecrete not muche knowen.

TAke the whites of egges, not breakinge them in anye wiſe, and put to them as muche white Vynaygre as ſhall ſuffiſe, that is to ſaye, a reaſonable quantitie, leaue it ſo the ſpace of two dayes, than paſſe it thorow ſome linnen cloth, without breaking or beatynge the white of the Egges, leauinge it ſo the ſpace of eyght dayes, than ſtrayne it agayne, and put it in a violle well ſtopped, for to occupy whan you haue nede.

¶ The maner howe to make the groũde or foundation for Indicum.

TAke Gomme Armoniacke three partes, Gomme Arabick one part, Serapinũ a fourth part, ſteipe theſe in Vynaygre, vntyll they be very ſofte, than mire them wel, and ſtraine them thorow a linen cloth and it wyl be very good to occuppe whan you haue nede.

¶ Another perfyt grounde for the ſame thinge.

Take

TAke Gomme Armoniack an vnce, Gomme Arabicke three vnces, and ſtepe it in Vyneaygre the ſpace of a daye and a nyghte, than take the bigge-neſſe of a Walnutte of good yellowe Honnye, and a Garlyke heade, well pilled and made cleane, and well ſtamped. Boyle all theſe thinges together in ſtronge Vynaigre, puttinge to it a little Aloe Epatic, and lette it boyle a good while, than ſtraine it thorow a linen cloth and wringe out well all the ſubſtaunce of it. And if you thinke it be to liquid or ſoft, or to cleare, boile it again, vntill you thinke it is thicke inoughe, than kepe it in a glaſſe, or veſſell of earth leaded, or of bone. When you wil gilt any thinge, anoint it fyrſt with this compoſition, with a penſil, and rub it wel, ſo that the ingrauing be not filled, & leaue it ſo as long as you wil: than, whē you wyl lay on the leaues of gold, blowe a little youre breath vpon the ſaied foundation or ground, and ſet on the ſaied leaues of gold, diſpoſing and orderinge theim as is requiſite, preſſing them wel downe with a penſil, or with a litle wol or bombaſe, and than ſhal you haue a very excellent gylteyng.

A goodlye waye howe to make Golde and Syluer in poulder, a thinge eaſye to be done, and there wil come of it an excellent coloure. This is a very rare ſecrete, whiche hath not bene vſed nor knowen vntyll this preſent.

TAKE leaues of golde a crowne weyghte, or as muche as you wyl, and ſet it to the fyre in ſome litle cleane pan or pipkin, and in another veſſel you ſhal put foure times as muche in weighte of quicke ſiluer, a good waye of from the fyre, ſo that it maye but onelye warme a lyttle, for otherwiſe it myght vaniſhe awaye. Let not the leaues of Golde take ſo muche heate, that they melte, but let them ware almoſt redde. This doone, take them from the fyre, and the quicke ſyluer lykewyſe, whyche you ſhall poure hote vpon the leaues of Golde, and incontynent myngle them wel

wel together with a litle sticke, the space of a Pater noster and powre it afterwarde into a dishful of cleare water, and you shal haue a dowe of the sayde Golde and quicke syluer, but the coloure of the Golde wyl bee so darkened and obscure, that a man shal perceiue and see nothynge at al. And thys is the dowe that the Goldesmythes cal amalgama, and the learned men malagma, whyche is a Greeke woorde, and beynge corrupted of the Arabians was chaunged into amalgama.

Also you maye make this colde, in brayinge the leaues a good while with the quicke syluer vpon a Porphyre stone vntil al bee mired and ioyned together. And braying it also with stronge Vinagre or the iuice of Lemons, it wil soner be made, and wil incorporate and comme together the better, than muste you washe it twise or thrise with cleare water. Now, howe soeuer you haue made this dowe or amalgama, you must straine it thorough a linnen clothe fyne and thicke, to the intent that a part of the quicke Siluer may go thorowe: or els straine it thoroughe a wylde Goates skynne, or a Lambes skinne, whiche is farre better, and presse it harde to thintent there may come out as muche quicke siluer as is possible. Than take that remayneth in the cloth or skinne, and put to it halfe as much faire quick Brimstone citrine. Fyrste stampe wel the Brymstone and mingle it with the sayde paste or dowe: and beyng so mingled sette it on the fyre in a dishe or yron Ladle, leauinge it so vntil al the Brymstone bee burned, and al the rest yellowe. Than let it cole, and put it in a dish washinge it so often with cleare water, til you haue a faire colour of Golde. Than kepe it in some glasse or earthen vessel leaded, as you do the other punned and brayed Golde, and whan you wil put it in experience, slepe it in Rose water or other, wherein you shal haue molified or dissolued some cleare gomme Arabicke. Than dresse and order it to write or paynte with, and you shal haue an excellent thynge. Whan you haue written or painted, beynge once drye, you maye burnishe it with a dogges tooth, whiche you can not do to

the

the other brayed or punned gold, that Scriueners and Painters now a dayes do vse. This secrete hath bene practised of the olde and auncient writers, as we see in some of their bookes. But nowe you must vse the practise to burnishe it, laying a whyte paper vpon the gold and rubbing firste vpon the saide paper wyth the dogges toeth. And if you thinke that it is not yet burnished ynoughe, you maye burnishe it once againe, with the toeth vpon the golde without the paper betwirt.

To make a verye fayre Vernix, to vernyshe the sayde golde, and all other workemanshyppe.

TAKE Bengewine, and braye it the best you can betwirt two papers, than putte it in some violle, and powre vpon it good Aqua vite, that it bee aboue the Bengewine three or foure fyngars byghe, and leaue it so a day or twayne, than put to it, for half a violle of suche Aqua vite, fyue or syxe Blades of Saffron slenderly stamped, or elles whole. This done straine it, and with a pensill vernishe therewith anye thyng gylted that you will, which wyl become bright, and faier, dryinge it selfe immediatlye, and wyll continue many yeres. Nowe, yf you will dresse Siluer in suche a maner, do euen with the Siluer leaues as you did with the golde, if not, in steede of Brimstone you shal take white common salt, than dresse the Vernishe in the foresayde maner, puttinge to it the Almondes of Bengewine, that is to say, the whyte that is found in the middes of Bengewine, and put in no Saffron at all. And the sayde Vernishe of Bengewine, and Aqua vite, without any other thinge, is very good to vernish all thinges, as well painted as not painted, and also to make tables and coffers of Walnut tree, and Hebene to glister and shine, and of all other thinges. Likewise workes of Copper gilted and not gilted: for it maketh bright, preserueth, aydeth the colour, and drieth incontinent, without taking any dust or fylth, but that you may make it clene with a linnen cloth, or with a fores

taile,

talle, which is better, as if it were not vernished at al.

To braye or breake golde or syluer easely after the common maner that the best workmaisters do vse.

TAke what golde leaues you will, and incorporate them wel in a cuppe of glasse with Julep rosat, stirring it wel with your middle fingar, lytle & lytle. And when al is incorporated together, braye it wel vpon a Porphyre stone, than powre by lytle and lytle cleare water vpon the stone miringe it alwayes: After straine the said gold & Julep into a dish or cup of glasse, and washe wel the stone that there remaine nothing. Than stirre all with your fingar in the sayde dishe and let it so repose: after powre the water out, and putte in other freshe cleare and warme, and washe it so, vntyl al the Julep be washed and cleansed oute, and that the water (putting it in your mouth) be in no wise sweete, than let it drie. This done you shal put it in a cuppe of cleane glasse, and rake out a fewe hote embers a good waye from the fyre, that the glasse breake not, whereupon you shal set the sayde cuppe, vntil the golde ware very hote, and be returned to his naturall coloure. Finally temper it with gommed water, for to put it in experience.

To make a lycour that maketh a golden coloure wythoute golde.

TAke the iuyce of Saffron flowers, when thei are freshe vpon the plante, and yf you can gette none, take Saffron dried, wel made in pouder, and put to it as muche yelowe and glistring Orpiement, that is scalye and not earthye: than, with the gal of a Hare or of a Pike (whiche is better) braye them wel together. This doen put them in some viole vnder a dunghil certaine dayes, than take it out and keepe it, and whan you wil wryte with this licoure, you shal haue a fayre colour of golde.

A.i. Another

Another lycoure of the coloure of Golde, for to wryte and to gylte yron, wodde, glaſſe, bone, and other lyke thynges.

TAke an egge layed the ſame day that you beginne to make this, the whiche egge you ſhal open at one ende, and take out all the whyte, than take twoo partes of Oupcke Sylner, and one parte of ſalte armoniacke that is cleane and wel beaten: and of theſe two thinges, you ſhal put as much vpon the yelk of the egge that remaineth in the ſhel, as wyl fyl it vp agayne: than mingle wel al together wyth a lytle ſticke. After, ſtoppe the ſayde egge wyth the piece that you tooke of, cloſing it wel with a piece of Ware, that nothyng may enter into it, nor any thyng iſſue oute. Than lay it vnder horſe donge right vp, the open ende vpwarde, this doen: take another halfe egge ſhel, and make as it were a couer or a cappe vpon the ſayde broken ende, coueringe it with donge, and leaue it ſo the ſpace of twenty or fiue and twentye dayes, and ſo ſhal you haue a very faire colour of golde, for to wryte, and to do what you wil withal. And yf the ſayde ſubſtance be to harde or to thicke, you may breake it, or temper it with gommed water.

Another goodly lycour, to make a golden coloure with lytle coſt, and is a thynge eaſye to be done.

TAke the pilles of Citrons or Orenges very yelow, and cleare them wel of the white ẏ is within ſyde, than ſtampe them wel in a morter of ſtone or wod, wel made cleane, and take good yelowe Brymſtone, cleare and bright, and wel beaten in poulder, whiche you ſhal mingle with the ſayde pilles ſtamped, ſtamppynge wel al together. This doen, you ſhal put al this into a viol, and kepe it in a depe Seller or caue, or in ſome moiſt place by the ſpace of. viii. or. x. dayes. Finallye you ſhal beate it agayne by the fyre, and then wryte or paint with it, and you ſhal fynde it a very excellent

cellent coloure of Golde.

To make yncke or a coloure to wryte wyth, in a verye good perfection.

YE shal take good galles, & breake them in three or foure pieces, that is to say: stampe them slightlye, and put them in a fryinge panne, or some other yron panne with a litle Oyle: fryng them a litle, than take a pound of them, and put it in some vessel leaded, powringe into it as muche whyte wine as wil couer it ouer, more then a good hande breadth. After take a pounde of Gomme Arabicke wel stamped, and eyghte vnces of Vitriole wel made in pouder: mire al wel together and set it in the Sunne certayne dayes, stirring it as often as you may: than bottle it a litle if you se that you haue neede, and after straine it, and it wil be perfecte. And vpon the Lees that shal remaine in the bottom you maye powre other wyne and boyle it a tytle, and strain it. You may put wine vpon the same lees as often as you wil: that is to say, vntil you se ỳ the wine whiche you put in wil staine or bee coloured no more. Then mingle al the saide wine, whereinto you shal put other galles, gomme and vitriole, as at the beginning then keppnge it in the Sunne, you shal haue a better yncke then the fyrste, and do so euery day, for the ofter you doe it, the better you shall haue it, and wyth lesse coste. And if you finde it to thicke, or that it be not flowing inoughe put to it a litle cleare Lie which wil make it liquide and thinne inough. If it bee to cleare, adde to it a litle gomme Arabicke. The Galles muste be smal, curled and massiue within if they be good. The good Vitriolle is alwaies within of a colour like vnto the Element. The best Gomme is cleare and brittle, that in stampyng it, it becommeth pouder easly, without cleauyng to gether.

¶A good waye and maner howe to make incke for to carry aboute a man in a drie poulder, whiche (whan he wil write with) he muſt temper with a little wyne, water, or vynaiger or with ſome other licour. and than he may incontinent put it in experience. Wyth the ſaide poulder all other incke maye be amended, be it neuer ſo euill.

YE ſhal take Peche or Abricot ſtones with their kurnels, ſwete Almondes, or bitter, ſo that they haue their ſhelles harde, and that the Almondes be with in them. And if in caſe you can get but the ſaied ſtones without their kurnels, it ſhal be good ynough, but yet not ſo good as with the kurnels. Take then al the ſayd thinges together, or thoſe that you can get, and burne them vpon the coales: and whan they be very redde and enflamed take them out, and thus beynge redace and made into very blacke coales, kepe them in a panne. Take lykewiſe Roſin of a Pine tree, and putte it in a panne, and make it flame and burne: than take another little ſkillette, or els a lyttle bagge holden open, with little ſticks laide a croſſe ouer it, or otherwiſe, as you ſhall thinke good, and hold the mouth of the bagge downewarde ouer the flambe, ſo that the ſmokee of the ſaied Roſin maye gather together, and ſticke rounde a boute the ſaied panne or bagge, and whan al the Roſin is burned, and all colde againe, cauſe al the ſayd ſmoke to fal vpon a paper, or table, or ſome other thinge, and kepe it, but if you wil not take the paines to make this ſmoke, bie it of them that make printers incke. Of this blacke or ſmoke, you ſhal take one part, or what quantitie you will, of the coales of the ſaied ſtones another part, of Vitriole one parte, of fried galles, as is afore ſaied, two partes, of Gomme Arabicke foure partes. Let all theſe thinges be wel ſtamped, ſifted, and myngle together, and then kepe well this pouder in a lynnen bagge, or of leather, for the older it is, the better it will be. Whan you wyl occupie it for to make incke thereof, take a little of it, and temper it with wine, water, or Vynaigre, the whiche beyng put into it warms

the

the ynck shall be the better, neuertheleſſe, beinge put in colde, it maketh no great matter, and you shall haue immediatly very good incke, whiche you maye carrye where you will without ſpillinge or sheadinge. If you haue naughty inck, put to it a little of the ſaid pouder, and it will becomme immediately very good black, and haue a good gloſſe.

¶ To make a greate deale of ynck quickly, and with litle coſte.

TAke of the blacke that Curriers or tanners doo blacke theyr ſkins with, for you may haue much for moneye: than take the gall of a fyſhe called a Cuttle, which coſteth almoſt nothinge, and chiefly in places nighe to the ſea ſide, and in eating the ſaied fiſhe at diuerſe times, you may kepe the galles together. Than myngle the ſaied galles with the Tanners colour, and withoute anye other thinge, you ſhal haue a perfit Incke. To make it yet better, you maye putte to it of the ſayed pouder made of the coales of Vitriole, of Galles, and of gomme, and the ſayd Incke ſhalbe very good to print in copper, putting to it a litle vernix & a litle oyle of line, ſo that it may be liquide and fitting of it ſelfe, for to pearce the better into all manner of engrauinges, and that it maye abide wel vpon the paper, without renninge abroade.

¶ To make Printers Incke.

PRynters Incke is made onelye with the ſmoke of Roſine, as is aboueſaied, and is tempered w̄ moyſt Verniſh, you muſt ſeeth it a litle, to make it liquide or thicke, as you ſhall neede. But in Winter moyſter then in Sommer: and alwayes the thicker maketh the letter fayrer, blacker, clearer, and brighter. But in what maner ſo euer it be, it muſte be euer well myxed with the ſmoke. And to make it liquide, as is ſaied, you muſt put to it more oile of line, or of Walnuttes to the

bernyſhe. If you wyll make it thicker, put leſſe Oyle, and more ſmoke, lettinge it ſeeth more. If you wyll Printe redde, in ſtead of the ſaied ſmoke, mingle Vermillion well brayed, wyth the ſayed Vernyſhe. If you wyl Print greene, put in Spaniſhe greene. If you wyl make it Blew (as men haue done ſomtime heretofore) take Azure of Almaine, or of that of glaſſe, whyche is nowe made at Veniſe, doing in al poyntes as we haue ſpoken of the blacke incke.

¶ To make yncke ſo white, that althoughe a man wryte with it vpon whyte paper, it may eaſely and perfytlye be redde. A very goodly thinge.

YE ſhall take the ſhelles of newe layed egges, verye whyte, and well waſhed, then braye them well vpon a cleane marble ſtone, wyth cleare water. Putte them in a cleane dyſhe, vntyll the ponder deſcende to the bottome: after deane oute the water lyghtlye, and lette the ponder drye of it ſelfe, or in the ſunne, and ſo ſhall you haue an excellente whyte, that neither Ceruſe, nor any other white in the worlde may be compared vnto it, if you dreſſe it, and kepe it cleane. And whan you wil occupie it, take gomme Armoniack wel waſhed, & mondified & made cleane of that yellowe ſkinne that is about it: then ſteipe it the ſpace of a night in diſtilled Vinagre, & in the morning you ſhal finde it diſſolued, & the vinagre ſhal become whither than milk the whiche you ſhall ſtrayne thorowe a cleane lynnen cloth, and with a litle of this white licour you ſhal temper the ſaied ponder, and than wryte or paynt with it, and you ſhall haue a whyte, excellente aboue all other ſortes. A noble woman of Italye vſed no other thinge to blaunche her face: and kept her ſelf very white with al, and yet it appeared not that ſhe vſed any ſuch thing. Alſo the ſayd ponder hurteth nothinge at all the face, nor the ſkinne, nor yet the teeth, as the ſublime, the Ceruſe, and other like thinges do, whiche gentyl women

ofte

ofte vse, to theyr great detriment and hurte. But if you wil vse the saied whyte made of egge shelles vpon your face, you must braye and consume it very fine, and that it haue almost no palpable substaunce, and that it may be penetratiue and pearsinge, to thintent it maye continue. In the whiche thinge euery man may proue and assaye what his witte is able to do. But aboue al thinges, whan you wil vse it for the face, it is necessary that you put to it the third part of calcined and burned Talchum, as we wil shewe you in the booke folowing.

¶ To make a poulder to take of blottes of yncke, fallen vpon the paper, or elles the letters and wrytinge from the paper: which is a rare secrete, but yet profytable.

YE shall take Ceruse well brayed, and make thereof a dowe wyth the mylke of a fygge tree, then let it drye: afterwarde braye it agayne, and drye it as before, and so seuen tymes: then keepe it so in pouder. And whan you wil vse it to take out blottes, or letters out of paper, take a lyttle linnen cloth wette in water, pressinge and wringinge the water oute, then spreade it abroade vpon the place where you woulde haue it, and leaue it therevpon vntill the paper and the yncke be moyste wyth all: than take awaye the wette cloth, and vpon the blotte or letters that you will haue taken awaye, put a little of the sayd pouder of Ceruse, leauinge it so the space of a nyghte. In the morninge, you shal take a linnen cloth cleane and drye, wherwith you shall rubbe of softlye and finely the sayed pouder, and the paper wil remaine exceding white for to write vpon againe, as well as before, and better. And if al be not well rubbed of at the fyrst times, you may do it once againe, and you shal not fayle.

¶ To make a kinde of Vernishe, but mucke fayrer, and better than that which Scriuenars do vse, and is of lesse cost, and stinketh not as other vernish doeth.

THE Vernyshe whyche Scriueners commenlye vse, is nothynge elles but the gomme of Ienyper made in pouder, and of the same is liquide Vernyshe made, in boylinge the sayed Gomme in the Oyle of lyne, and of thys pouder doe Scriueners vse to cause that the incke runne not abroade, and that the letter be the fairer and cleaner. Now for to make a pouder of like effecte, and verye fayre, with lesse coste, and without any euil sauour, take Egge shelles what quantitie you wil, taking away the litle skinne within side: and whan you haue grossely stamped theim, put theym in a panne that will endure the fyre, coueringe it with some couer, then set it in some glasiers or potters furneis, or in a bricke, tyle, or lyme makers kylle, leauing it there vntyl all the shelles be come into a verye white pouder whyche is called Egge lyme: syfte it and kepe it. And whan you wil occupie it, caste a little of it vpon the paper, or parchement, and spreade the pouder well vpon it, rubbing it wel with a Hares fote, or otherwise then takinge awaye that is to much, write vpon it, and you shall finde it of better effecte then the Vernix. Whan the writinge is drye, yf you will take awaye the saied pouder, yea the common vernishe, for feare leaste men shoulde white theyr handes, rubbe the paper or parchement with crommes of white breade, for it wyll drawe to it selfe, and take awaye all the vernyshe or poulder that is vpon it.

¶ To make incke to rule paper for to write by, whereof the writinge beinge drie, the lines maye so be taken oute, that it shall seeme ye haue written without lines.

TAke Paragon stone, stampe and braye it wel, then take the byggenesse of a lyttle nutte, of the fayrest tartre or lees of white wine, calcined and burned, settinge it to stiepe and dissolue in a dyshful of clere water, and than straine it oute. And with this water you shall temper the blacke poulder of the Paragon stone, vntill it become like yncke, wyth the whiche you shall

rule

rule your paper, or parchement: and wryte vpon those lines what you will with common incke. And whan the writting is dry, for to take out the sated lynes, you shal take harde crommes of white breade, and rubbe youre paper ouer with them, and the lines that you haue ruled, wyll go out, as cleane as thoughe there had neuer bene line at al. This is a goodly secrete, and very rare.

¶ The ende of the syxte booke.

The

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE SIXTE BOOKE.

¶ To sublime Quicke Syluer, that is to saye, to make common sublyme, that Goldsmithes, Alchemistes, and Gentilwemen do vse, and that men vse in many thinges concerninge Phisycke.

TAKE a pounde of Quicke Syluer, and put it in some vessel of wood with a lytle Vynaygre, and Salte Peter, than brayе it and mortifie it wel with a wodden pestell. Than take halfe a pounde of commõ salte, foure vnces of Salt Peter and let al thys be wel brayed, and put vpon the Quycke Syluer in the same vessell of woode, syringe well all together, puttinge to it twoo pounde of Roche Alome burned. Incorporate well all this together, and put it in a violle, or some potte, luted and clayed a finger higher then the substaunce within is.

Then putte it, and dispone it, in a panne or scillet, vpon sifted ashes: than set the sayd panne on the furnes, settinge the Limbecke vpon the violle or potte luted, and then the recipient, to receaue that distelleth out, as men do in all maner of distillations. Make to it at the fyrste a lowe fyre, vntyll all the moysture be drawen out, whiche you shal take out of the recipient, and kepe wel, for it will be good for many thinges, and specially for to mortifie other Quick Syluer, to make other sublime. This doen, make your fier greater, & continue it so, vntill you see the Mercury or Quicke Syluer, to be sublimed thorowly white, that is to saye, that it be rysẽ aboue al the substance, and made as it were a white cake.

cake. And if you will make it higher, that is to say, vn-
to the necke and brimme of the violle or pot, then take a
sheete of paper, and wrappe it rounde about the violle
or potte, that is to saye, aboute the body of it that is vn
couered aboue the furneis: then encrease your fire, and
make it greater, and this white cake wyll rise by little
and little, and will cleaue to the brimme of the pot, re-
mainynge there like a litle belle of white sublime, then
let it coole. Than take of the recipient, and lyfte vp the
Limbecke, makinge the pot cleane without side, to the
intent that whan you break it, there fal no filth among
the saied sublime. This done, breake the violle or potte
and in taking of the sublime, you must kepe it from the
smoke, and in this sort you may make a loafe or cake of
a hundred, or two hundred pounde, or as muche as you
wyll, kepinge alwaies the proportion of the quantitie
of the thinges, accordinge to the weighte here aboue
written. The lees that remaineth in the bottome of the
said potte or violi, may be stamped and dissolued in boil
linge water, and than straine it, and let it seeth, And
than drie thorowlye: there wil remaine in the bottome
a salte, whiche will be of the nature of the Salt Peter,
of the common salte, and of the Alome that you did put
in. And the sayde salte wyl be very good to make other
newe sublime, with other Quick Siluer, and vinaiger:
or elles in steade of Vynaigre you maye take the fore-
said water that distilleth in the sublimation, and so shal
you make it very perfyte. And you muste note, that the
saied sublime, made with Roche Alome, is better for
gentilwomen, that wil paint their faces with sublime.
But I counsaile them, that in steade of sublime, they
vse some of the waters that I haue spoken of in the
bookes before. For Goldesmithes, Alkemistes, and for
many thinges required in Phisicke, it is better to put
in rawe Vitriole, in steade of burned Alome: but this is
very euil and hurtful for gentlewemen: for, the mooste
part of them that make sublime, make it with Vitriole
partly because it is made with lesse cost, and partly be-
cause it is profitabler for many things, then made with

Alome,

Alome, whiche is almoste for nothinge but for gentlewemen. There be some naughty personnes that putte Arsenic Cristallyne to distille with Quicke Syluer, a thinge practised of to many men. Wherefore it is good and profitable to admonyshe euerye man that he take heede, for certainely, in respecte of a little gayne, they make them selues worthy to be burned quicke: for besides that men se oftentimes, that by suche sublyme wemen haue theyr faces swollen wythall, lyke a bladder blowen, also it may happen that in Phisicke they burte or kyl men. The sayde sublime made with Alome and Vitriole, may easely be sublimed a newe, that is to say for euerye pounde of this sublime, to putte to it halfe a pound of common white salte, or burned Alome, or vnsleaked lime, in settinge this to sublime, as before: the whiche wyl sublime it selfe much soner, and wyl ware fayrer, the oftener you sublime it. The Alchemistes, folowynge the preceptes of Geber, of Saynte Thomas, and other Philosophers, go aboute and spende tyme to sublyme it dyuers times for to fyre it, amonge whom there be that sublyme it a hundreth times, and other some twoo hundreth tymes, and yet at thende bringe it to none effect: and that cometh, because that alwaies they put in, in sublimynge the saied lees, that is to say, the salte, alome or vitriole, as we haue saied. And seing that the nature of the fyre is to fir and make firme thinges that sone flit awaye, the oftener the saied sublyme cometh to the fyre, the more doth it fasten & fir at euery time, but that part that is fired, is alwaies mingled w̄ the saied lees, & so is lost: Therefore they whiche made the saied sublimation, not consideringe the reasons and causes why suche a thynge happeneth, founde that by litle and little theyr sublime was diminished, and (peraduenture) thought it hadde flowen awaye, or els consumed in the fyre, rather than to beleue that it remayned in the saied lees, from the whiche it can in no wyse be separated. Nowe mindinge philosophicallye to procede in the fastenynge or firinge the saied sublyme, you must fyxe sublyme it three or foure times, wyth common

mon

mon salte, burned Alome, lime, or Talchum, as is sayde: to the intent that in this wise it may be mondified and clensed from al earthy and vncleane substaunce, that it conteyneth, and from the superfluous moysture, wher of it is ful. It is mondified and made cleane of the earthye substaunce, because the earth sublymeth not, but remayneth in the bottome of the viole or potte, cleauing with the grounes, whiche is the Salte, Alome, or Vitriole that is put in it, the whiche thinges we cal here Lees or dregges because they remaine in the bottome, as the Lees of wine, or of Oyle doth. Also it is pourged of the aquositie, or superfluous moisture, two maner of wayes. The firste is, because that with the same, or distilled water, wherwith it was watered, as we haue sayed before, the moisture or watrinesse of the saied quicke siluer distilleth out in a vapour. The other is, because of the ofte sublimynge it, the nature of the fyre is annexed vnto it, which diminisheth it, the whiche two thinges are the principal cause why it fastneth. And so are they the onely partes that make the perfit fixion or fastenynge, according as they are sufficiently ioyned with the thinges that you wil fasten or fire. And here we meane no other thinge, by the thing fixed or fastened, but that the fire hath made suche a decoction, that it vanisheth not away, or is lightly caried away with the winde, and that al the substaunce remaineth in the bottome, and consumeth no more.

Therefore, after you haue sublimed it three or foure tymes, and that it is wel purged of the earthye substaunce, and of the superfluous moisture, as is afore sayde, you shal set it to sublime a part by it selfe, without anye grounes or Lees, and shal sublime it so often vntil al remaine fixed to the bottome of the viole or potte, and that it flye not away nor diminishe for anye great fyre that you make. But if you wyl make it in lesse space and easyer, obserue this rule, whiche is certaine and infallible.

When you haue sublimed it three or foure tymes, or oftener, you shal adde to it the fourth part of fine siluer

calcined

calcined and burned, as we wyll afterwarde declare: than after you haue mired it well together, set it to sublyme: and whan it is sublimed, mingle that which is ryssen vp, with that that remaineth in the bottome, then sublime it again, and so, so often that it ryse vp no more but remayne in the bottome for al the vehemence of the fyre, and so shall it be perfit, very white, cleane, fusible, and penetratiue or pearsing. And he that would make a good quantitie of it, and is not able to put to it as much fine siluer, as the fourth part of it, he may make it in this maner folowynge. After he hath sublimed it thre or foure tymes, with the grounes or lees, as is aforesaied, let him kepe it by it selfe, and take a litle of it that is to say: as muche as for to ioyne or put with the fourth part of fyne siluer, that he should put to it, as in example. If he haue but halfe an vnce of siluer, let him take an vnce of the sayde sublime, and whan he hath mired it together, let him sublime it as often as before vntil al remaine fired in the bottome, and he shal haue two vnces, or lytle lesse of sublyme fired: for the fyre in dryinge it, and makynge the decoction, eateth & consumeth some parte of it, beside that consumeth in stamping and in the viole or potte. Than let hym take these two vnces fired, or as much as is of it, with three times as muche of sublime not fired, that was kepte, and then let him mingle al together, and sublime it as oft as before, vntil al be fired. And if he wil make more of it, let him take againe three parts of the other sublyme: and so shall he make it as often and as muche as he wil, whiche is muche better then to make it al at once, for by this meanes is Volatile fixum, and Fixum volatile oftener made, which is that, that the Philosophers esteme moste, and is also more fusible, more pearsynge and of greater vertue. In this operation consisteth all the secrete, and the greatest maistrye of the Philosophers and chiefelye of Geber: who maketh the moste part of his worke in thys maner of subliminge and fixing oftentymes: and onely kepeth the thyng secreate that must be sublimed, the which thyng because he wil

hide

hide it from theim that be not worthye to knowe it (as hym selfe affirmeth) he calleth it Quicke Siluer, but he meaneth another thinge, although he in effecte the same thing declareth that it is but quick syluer, but brought from his nature vnto a perfecter degre, as for crample. Dowe, is meale, not in his fyrst essence and being, but is redact and made of the baker, into a more estimable nature, and nerer to perfection. No man ought to hope to attayne to this high knowledge, by his owne witte, but onely by the grace and gifte of God, who (as al the Philosophers saye) Cui vult largitur, & subtrahit.

¶ To make Cinabrium, and thereof to make loaues of a hundreth or two hundreth poundes, as great as a man lift as those are that come oute of Almayne, which secrete hath not before this time bene knowen of any in Italy.

ALL those that delight in secretes, and principally in things belonging to metalles, knowe howe to dresse Cinabrium but in a smal quantitie, as a poũd or two at a time, and not past. In Germany, and some partes of Fraunce, there be that make it in great lompes, or malles, and send it so into Italye, and ouer al ỹ worlde, and yet kepe it meruelous secret to them selues without publishing it vnto many men.

Therefore we will also communicate this secrete (although it consist in a small thinge) to the glory of God, and the profite of the common welth, teaching here in a breife manner, to make it in as great a quantity as a man wil. Take of Quicke Syluer nine partes, Brimstone citrine two partes, yet many men put thre partes of Brimstone, for the nine partes of quick siluer, other four, and some as much of the one as of the other.

But whan it is for to paynte with, there cannot be to much Brimstone, for there commeth the liuelier colour of it, and for other things it is better that for one poũd of Quicke Siluer, there be but three or foure vnces of Brimstone. Put then the Brymstone in som large panne, melting it with a slowe or small fyre: ¶ whan it

it is molten, take the quicke Syluer in a linnen cloth, in your left hande, and wrynge it litle and litle into the ſayde Brymſtone (which muſt firſt be taken from the fyre) and mingle it with a ſticke, to thende the quick ſiluer maye incorporate it ſelfe wel with the Brymſtone, not ceaſinge to ſtirre it, and to loſe it alwayes from the panne, vntil al be wel cooled, and you ſhal haue a blacke mixture, whiche ſhalbe neyther lyke the Brimſtone nor quick Siluer. Stampe this mixion and braye it wel, and ſifte it, and of this pouder you maye make what quantitie you wil, puttynge it in a greate panne. Nowe yf you wil dreſſe the cynabrium, you ſhal take a viole of glaſſe as great as you wyl, yet ſee notwithſtandinge that ye fil the ſayde viole but a quarter ful with the ſubſtaunce that you ſhal put in it. And after haupnge wel luted and clayed the Viole, with a claye or paſte made with whyte claye, and the ſhearinge of clothe (whiche men cal Lutum ſapientiæ, as we wil ſhewe you here after howe to make it perfectly) and whan it is wel dried put in as muche of the ſaide pouder, as wil fyl a quarter of the ſaide Violle, or leſſe, and without cloſinge vp the mouthe of the ſaide veſſel of glaſſe, ye ſhal ſet it vpon a greate Furneis, if you haue muche ſubſtannce, than make vnder it a ſlighte and ſlowe fier, the ſpace of two or thre houres, and afterwarde somewhat greater. But for to make a greate quantitie of it, you muſte euer and anone, put in of the ſaide pouder, leauinge ſo ſtil the ſaide veſſel of glaſſe vpon the fire to ſublime: than take a ſtycke made meete for the purpoſe, that maye reache to the bottome of the ſaied veſſel, and be more than a handeful without, and haue alſo vpon the ſtycke a rounde lumpe of the ſayde Lutum ſapientiæ, to the intente that the ſaide ſticke ſo beyng put into the Viol, it may cloſe the mouth of it, and that whan the ſticke riſeth vp the piece of Lutum ſapientiæ, maye alſo ryſe wythal, and open the mouth of the ſaide Viole. You muſte haue alſo made readie and ſettled, a fonnel (ſuche as they fyll bogges heades of wine withal) whiche muſte haue alwayes

wayes the necke of it within the mouthe of the vyolle, and that the sticke maie go thorough the myddle of the funnell, that by that meanes, it maye stoppe the strayte of the funnell, with the mouthe of the violle.

All these thinges thus set in order, you must keepe the saide pouder nighe vnto the fyre, to the intente that it maye be hoate: for if you shoulde put it in colde, vpon the hoate that is in the Viole, you shoulde make colde and let the sublimation of the cynabrium.

Nowe whan the firste pouder hathe bene on the fyre, the space of fiue houres, and that it is thoroughlye, or partelye sublimed, lifte vpon the stycke a lytle, that is in the potte, and so open the mouth of it, in liftinge vp the rounde piece of claye that stopped it, and put in thre or foure sponefulles of the sayde pouder that you kepte warme, then let downe the stycke, wyth the rounde bottome of claye, that it maye close the Viole as before.

And you muste vnderstande, that the sayde sticke is not put into the viole for any other cause, but to kepe that the saide pouder whiche is in the bottomme, beginning to sublime, shoulde not cleaue rounde aboute the mouthe of the Viole, for than it woulde stoppe it so that you coulde put none other pouder into it, nor make the loaues so greate, as is sayde: and herein consisteth the whole secrete to make the loaues greate.

For yf you woulde put in al the substaunce at once, that is to saye, a hundreth or two hundreth pounde of substaunce, you shoulde make the masse, or lumpe so great that it woulde neuer be broughte to perfection, and muste make so greate a fyre to it, that rather it woulde melte bothe the vessel, and also marre the furneys, than the matter or substaunce woulde sublime.

But in puttinge it in thus by litle and litle (the sticke beinge in the middle) al the substaunce sublimeth, baketh, and wareth redde, and by litle and litle sticketh to the hyghest part of the vessel, then, in puttyng to it agayne new pouder, it descendeth to the bottome, and there finding al thinges hote, with that that it is hote

it ſelf, and in a ſmal quantitie it ſublimeth, baketh and wareth redde incontinent, incorporatinge it ſelfe with the firſte. So in puttinge in by litle and litle newe hote pouder, and keping alwayes the fyre in one ſtate, you ſhal make as great quantitie of it as you wil, and ſhal haue very great loaues of fayre cynabrium, the whiche wil haue onelye a hole in the middle, whiche is the ſpace where the ſticke went thorow. Finally, you may put to it newe pouder in takinge awaye the ſticke altogether and cloſing the mouth, and than make a fyre: for this laſte pouder wil lykewiſe ſublime, and wyl make a bottome to the lofe of cynabrium. Moreouer note and vnderſtand, that the great fyre, that is to ſay, long continued & kept, burteth not, and nowe and then you muſte moue and lift vp and downe the ſayde ſtycke, to the intent that the cynabrium cleaue not to it, and ſtoppe ſo the mouthe of the veſſel, that you can put no more freſhe pouder to it as is ſayde. Thys is the ſure and perfecte waye and meane howe to make cynabrium in as greate loaues as you wil, whiche hytherto hath not bene knowen in Italy. You maye do the lyke in pottes of potters claye whyte, ſo that they be wel luted and clayed ouer, that they maye endure the fyre, and not breake.

To fyne and renewe Borax.

Borax was called of the auncient writers chriſocolla, and was both natural and artificiall, as Plini, Dioſcorides and other write, and men did vſe of it in Phiſicke, and alſo to ſolder Golde and Syluer, and other meatalles, as men vſe yet nowe a dayes: For the nature of it is to melte, and to reſolue quickelye anye ſolderynge. It is vſed in worke alſo for to make a bodye, that is to ſaye to gather together the fyllynge of Golde and ſiluer, and in al other thynges, wherein a man hath neede of a quicke and ſodayne foundinge or meltinge. Moreouer, gentlewomen helpe them ſelues alſo muche with it to make them fayre: For it maketh

the

the skinne very white, fine, and cleane, without daunger of any poyson, or hurtyng of the teeth, or flesshe. The auncient men of olde time had of it grene, whereof nowe a dayes is none founde, nor yet any man maketh it. Marye, we haue that is verye whyte, and also somewhat blacke, which peraduenture a man may say is like their greene. The white is in litle long pieces, with certaine synewes or vaines al along, so lyke vnto Roch Alome that many are deceyued, or deceyue other with it: For whan a man setteth the sayed Bozar vpon the fyre it boyleth and swelleth vp in al pointes like Alome, and so remaineth white and ful of hoales lyke a sponge, and easy to be broken with your handes euen as Roche Alome burned. But subtyle and craftye marchauntes know Bozar from Alome thre maner of wayes. The first is, that Alome put in a mans mouthe is eigre and sharpe of taste, and restraintife, but Bozar hath no maner of taste, but a dead and vnsauery guste, as a meane betwene the sauour of Oyle, and whaye of Milke. Therefore thei that wil deceyue other, and falsifie the true Bozar, take litle pieces of rawe Roche Alome and kepe them in Oyle of Almondes, in whaye or in milke. Some other put to it also honnye or sugre for to moderate the eygrenesse of the Alome, with the swetenes of it.

Other there be that melte all the sayde thynges on the fyre, and than set them to coole in some colde place vntil al be waren into yce or litle stones, and puttyng to it Salte Peter, Sal alcali, Tartre, Alome de fece, and suche lyke thynges, and make lytle stones somewhat lyke vnto Bozar: But fyrste they differ in fourme and fashion, for the trewe Bozar is alwayes longe in fourme: And the stones where Alome is amonge, are neuer broughte into anye fourme, but into lytle square stones. Furthermore, they differre in the seconde sorte, and that is thys: that Alome beynge burned, maketh a greater lumpe, then whan it is rawe: but the true Bozar is broughte and reduced into a verye small quantitie, and this is an euidente sygne to

knowe it. The thyrde, whiche is of moost importaunce and the sureste, is, that the matter wherein the Alome is, will not souder in no manner of wyse, and wyll not melte neither, so well as the Borax will. I saye, it wil not melte so wel, because that where any Salt Peter, Tartre, and Sal alcali is, there the matter will melte, at the leaste in some parte: for all the saied thinges helpe to the soundinge of metalles. The Salte Peter, whan there is a good quantitie of it, is knowen incontinente vppon the fyre, for it maketh the boylinge waterysshe, and casteth about, as it were litle sparkes of fire.

The other thinges made wyth the foresayed mixions, dyuers tymes, in whaye, milke, or in water, and congeled into lyttle pebbles, make certayne stones, but they be alwayes salte, to brighte, and to violente to melte: for whan a manne wyll souder anye worke of Golde, or thinne Syluer with it, it causeth the worke to melte together, and where as there is Sugre, it leaueth the Golde and Syluer spotted. Men make other mixtures, whiche are verye good for to souder, or to melte, whiche neuertheleſſe are differente frome the Borax in fourme and sauoure, of the whiche we wyll make mention hereafter.

Nowe, for to retourne to the true Borax of oure tyme, men bringe vs certayne barrels full, of a kind of greaſe, ful of certaine litle pebbles, which is called the dowe or paſte of Borare. Unto this daye menne haue broughte it oute of Alexandria, where it was also of olde tyme made: & therefore is it that the auncient Arabian authours, which haue wrytten of thinges concerninge mettalles, called the Borax Nitrum Alexandrinum.

And wythin these fewe yeares, they haue begonne to bringe it frome the Weſte partes, yet I can not tell whether it be made there, or elles paraduenture it be broughte lately oute of the Indes. There was wyth in these fewe yeares so greate lacke of it in Italie, that it was solde at the leaſte, for a crowne an vnce, of that, that was made into stones.

And nowe, wythin thys twoo yeare, there is come

ſuche haboundaunce oute of the Weſte partes, that the pounde is worthe but a crowne and a halfe, and leſſe.

The waye howe to make it (whyche is vſed in the ſaied Weſte partes) is thus. In Mines, where Golde and Syluer, or Copper is gotten, is founde a kynde of water, whiche (as I my ſelfe haue ſeene and proued by experience) is of it ſelfe verye neete and excellent for to ſouder or to round wyth. And alſo I knowe a place in Germanye, where there is a greate veyne of ſuche water, whiche notwithſtandinge, the payſauntes knowe not of. Now, they take thys water, with the earth that is vnderneath it, or on the ſydes, and boile it a certaine tyme, and than ſtraine it, and ſo leauinge it, it congeleth into lytle pebbles, euen like vnto Salt Peter. And therefore yf a man ſhoulde keepe theym longe ſoo, they wold not continue, but would reſolue by litle and litle: Alſo for to make them better, and to preſerue thē, and noryſhe them in their owne nature and kynd, they take the groundes or dregges that is left of the ſaid water, & earth putting to it barrowes greaſe, or the greaſe of ſome other beaſt: than they goo to the mine, where they make a greate hole in the grounde, in the bottome wherof they lay a ranck of the ſaid greaſe, & vpon that a ranck of the ſaide litle pebble ſtones, and than again another of greaſe, and ſo conſequently as much as they wyl, but ſo that the laſte rancke be of greaſe, or of the ſaied dowe or paſte, and ſo they leaue it open and vnco-nered, ỹ ſpace of certayne monethes: yet many of them do al this within theyr houſes, in the earth, or in great veſſelles. Than, whan they wyll ſell it, or ſende it out of the contrey, they take the ſaied paſte or dowe, with the ſtones and al, with a fyre panne or ſome like thing and fyl barelles and tonnes of it. This is the ſame that commeth vnto vs, whiche we call dowe or paſte of Bo-rax. It is ſent alſo from the countreye where Bozax is made, or litle ſtones of the ſayed paſte, ſo renewed and fined as I wil ſhewe you. About thyrty yeare ago they ſent muche more of thys Bozax, fyned and renewed, than

Alexis ſpeaketh of Italy, and not the tranſlatour of England.

than they dyd of the paste, because that in Italye they coulde not dresse nor make it, nor bringe it into lytle stones, wherefore it was not put in vse, but of certaine wemen in distillations, for to paint them selues with. Since there hath ben one in Venise that began to dresse it and after him a woman whom he had taught. These two gat a greate somme of money, and the sayd secrete was longe betwene them two onely, although it was desyred of euery man longe before. Finally, it is nowe come so farre forwarde, that manye men in Venise can dresse it, but one maketh it farre better than another, and peraduenture very fewe haue the perfection of dressinge it, with suche aduauntage that he loose nothinge of the substaunce, and to make as muche of it as is possible perfectly as I will shewe you hereafter folowing. Now, you muste take fyrst of the sayd paste, that is not mouldy, vinewed, or putrified, for than it is a signe that it shoulde be olde, and of many yeares, and thereby the litle stones shoulde be diminished, lotte, or decayed. Yet neuertheleste this is of no great importaunce: for it is better to assay with your finger within the past, to se if it be full of the sayed pebbles, for the worlde beynge all together geuen to gayne, and full of deceptyon and fraude, they that make it, put sometime very fewe pebbles in the sayed grease, for to haue more substaunce: and beside this, they that bye it to sell agayne, take out also a good quantitie of the saied pebbles: wherefore it is necessary to be circumspecte, to the intente that diligence may surmounte, or at the leaste discouer the gile and deceate. Fynallye, if you will fine and renewe the sayed Bazar from suche paste or dowe, do thus. Take water luke warme, that is to saye, for twoo pounde of paste, halfe a payle full, whiche you shall put into some earthen vessell, puttinge the paste into it, than with youre hande fraye and fyrre it in sonder, as you wolde temper leauen for to kneade, after this, straine out the saied water well thorough a strainoure, and take the lytle stones that remaine in the saied vessell, that is to say those that be of the bignesse of a Walnut, or beane,

and

and put them in a vessell, sprinkinge them with Oyle Olyue, as thoughe it were a salade, but the Oyle must be white: and if you haue none good, take commen oyle and set it in the sunne, purginge it well, and annoynte the saied stones with it, minglinge them well together with your hande. Afterward put them in a litle bagge, and mixe them well together againe, as men do confitures, this doen, put theym in lytle Boxes, and kepe theim, and thus shall you haue the best Borar that can be possible. If you wil renew and multiplie it, do thus. Take the same water that was strained out, and put it in a kettle vpon a small fyre, keepinge the fyre alwaies in one estate, than scymme it with an yron ladle, and put also with the scumme, the ordure and filth that shal be in the bottome: but take good heede, that in seething it flie not awaye. Continue thus dooinge vntyll it be well sodden, whiche is knowen thus: put a lytle vpon your nayle, and if it renne not, it is ynough sodden, or els you may proue it vpon a paper, as men do Syrops, and yf it byde styll, it is sodden, or wet a strynge in the saied water, and holde it betwixte youre fingers, than plucke it oute by the ende, and if you feele it roughe, it is sodden. Than take the kettle from the fyre, and couer it with some couer fytte for it, that there fall no ordure or fylth in it: this doen, burie the kettle in wheate branne, and close it well rounde aboute, coueringe it with clothes or other things, so that it be wel stopped. You maye bury it, or hyde it in a hote dungehylll, and leaue it there the space of eight or ten daies, and afterward vncouer it and you shal finde a cruste vpon it, the whiche you shall take and put in on one syde, and you shall finde in the sayed kettle, as it were lytle pieces of yce, whiche you shall take oute, and put in another vessell, wasshinge them with cole and freshe water, than drye them vpon a table in the shadowe, and let those stones whiche at the firste tyme remayned in the straynoure, be mingled with the sayed pyeces of yce. Than take Alome de fece, that is white, foure pounde in thre payles full of water, three vnces of Salt Peter, than

boyle this with a small fyre, and scymme it, as you dyd the other, in prouinge it vpon your nayle, or vpon paper, if it bee sodden, as before. This doen, take it from the fire, and let it rest, and whan it is cleare, take a litle payle ful and a halfe of it, and set it on the fyre in another cleane kettle. And whan you see that it wil boyle, put in the sayed crustes, and that it be of tenne pounde, and make it seeth as the other did, essayinge vpon your nayle or paper, as you did before. Than put it in a litle ferkin, and lay two stickes a crosse, with foure cordes whereunto you shall tie a litle leade, to the intent they may stretche wel, and without touchinge the bottome by foure fingers, and that to the ende the Borax maye sticke and cleaue to it, and than burie it as before. This must not be put in the bagge, but anoint the same that you finde stickinge vpon the cordes with a feather, and the other that remaineth stil in the vessel you shal sprinkle as it were a salade. The clere that you shal take out of it, must be of the biggenesse of a hasell nut or beane: and the other wyl be lesse, you shall put into the water that remaineth, whiche water you shall set on the fire, makinge it seeth, and doinge as before, and so continue vntil all the water be conuerted and tourned into Borax, so that nothinge be losse. And remember (at the beginninge whan you dissolue in luke warme water, as we haue sayed before) to put to it the bigneſſe of a cicher peaſe of the ruen of a Hare, for that wil make al the other partes of the Borax to cleaue and take together.

¶ A good and easye waye to make Aqua fortis, better then any other.

TAke Roche Alome and Vitriole, or Salt peter, or elles all three together, of eche of theym lyke quantytye, that is well calcined and burned, and well braied. And yf you wyll haue it stronger, put as muche Salte peter a parte, as of Alome and Vitriole together: put all this in some potte or violle, well luted and clayed ouer, and in the recipient or receyuer two

vnces of wel water, for euery pound of the said substan-ces. Let the receiptory be in fresshe water, and alwayes wet about with some wet linnen cloth, so that it be ne-uer dry. And by this meanes the exhalations or fumes wil better mingle them selues with their water, and wil not sticke or cleaue to the recipient.

This doen, take the pot or violle luted, and trimme it so that the mouth hange downeward, ioyning it w̄ the recipient, without a Limbecke, luting & claying well the ioyntes and sides w̄ flowre, and the whites of egges and dispose & order it in such maner, that the fire come not to the recipient. And at the beginninge put a fewe hote coales vnder the bottome of the violle or pot, vn-tyl the matter loose & dissolue it self: and passe his firste fury. This doen, couer it w̄ coales, and the fire must be very highe: and for to do best, there must be litle walles of bricke to holde vp the great coales, in great quantity vpon the sayed pot.

When you haue made thys greate fyre, the space of thre or foure, or fire houres, al wyl be made.

Than let it coole, and take out the water, whiche is ve-ry good and perfit, and kepe it in a vessell of glasse well stopped with ware.

¶ The true and perfyte practise to caste medalles, and al other workemanshyppe of base chasing or ymbocyng as well in brasse, as in golde, Syluer, Copper, Leade, Tynne, as of Cristall, Glasse, and Marble.

FIrste of all, you muste haue alwaies the earth or sand ready, wherein you wil fashion and fourme your worke: but because there be diuers sortes, and euery man dresseth it as he can get it, and as he hath skyll in makynge it, we will put here some of the surest and most parfitest, and of diuers kindes, to thend that if a man can not get or make the one, he may euer-more haue recourse to the other. And vnderstande, that all these that we wil put here, may be set a worke eche of them by themselues, or mixed one with another, or

all

all together, for they are good euery waye. The bounty and perfection of eche of theſe earthes for to caſt any mettall in, conſiſteth in theſe thinges, that is to wyt: that firſt and chiefly it be fine and ſmal, and in no wiſe roughe, or full of grommels, to the intent that all thinges may eaſely take print. Secondly, that they receiue the metall well, and that they neither cleaue, breake, chappe, or ware into a cruſte. They muſt alſo be tempered with a water called Magiſtra. (of the whiche we will ſpeake afterwarde) to the intente that beynge dry, they maye be harder, and holde faſter together. Thyrdelye, that they maye continue, and ſerue at diuers foundinges and meltinges, to the intente that whan you wyll caſte many metalles, or other thinges all of one ſorte, ye neede not at euerye time make newe mouldes. Alſo you muſt vnderſtand, that for metalles that are ſoft, as Lead, and Tinne, all earth, ſo it be good, wyll ſuffiſe: Prouided alwayes, that it be fine and ſmall, and well tempered with the ſayed Magiſtra, as I wil declare here after.

¶ The fyrſte earthe to caſte in a moulde all maner of fuſible mater.

TAKE Emerill, that men burniſhe ſwordes or armoure with, and braye it very ſmall, in flaminge it, as we wyll ſhewe you afterward, and temper it, or reduce it into dowe or paſte, with the ſayd Magiſtra, as I wyll tell you hereafter, and ſo dreſſing it, you ſhall make a very good earth, which will continue for many foundinges and meltinges, ſo that it be well gouerned and tempered, and the more it is occupied, ỹ better it wyl ware: Prouided, that it be alwaies braied a newe, and than watered & tempered with the Magiſtra.

¶ The ſeconde earth or ſande.

Take

TAKE pieces of those vesselles, or pottes of earth that are made in Valentia in Italye, or other that Glassemakers vse to keepe theyr molten Glasse in the furneſſe, and yf you maye onelye gette the bottoms, or the pieces frō the middle to the lower-moſte parte of them, it ſhall be the better, in takinge a waye the glaſſe that is rounde about them, if not, take them as you may. Than take Goldſmithes croſettes, or meltinge pottes, newe, and breake theim in pieces, and that the weight of the ſayed croſettes be as muche as the pieces of the ſayed veſſelles before. All theſe thinges beinge fyrſte beaten and ſtamped in a morter, let them be well brayed after vpon a Porphire ſtone, with water, as men braye colours, and hauinge made them verye fine and ſmall, by ſeethinge them againe on the fire, as we wyl after declare, kepe them in litle goates leather bagges, or in ſome cloſe bores, to the ende that becauſe of theyr fineneſſe they flye not, and vaniſhe a waye in the ayre.

¶ The thyrde earth, or ſande.

TAKE the fylinge of yron, ſande, or yron ooze, or the ſparkes that flye from hoate yron whan it is beaten, or elles all togethers, but that it be pure wythoute anye earth or fylth, than put it in an yron panne, or in ſome other veſſel that wyl endure the fyre, ſprinklinge it with ſtronge Vinaigre, and keping it on the fyre the ſpace of eighte houres, after this temper it againe in Vinaygre, and then incenſe, and heate it in the fyre, brayinge and renewinge it diuers times, as the other. And kepe it in leather bagges, or in bores well ſtopped.

¶ The fourth earth or ſande.

TAKE pieces of a pommeiſe ſtone made hote in the fyre, and quenched in Vynaygre foure times.

Than take. ii. partes of the ſparkes of yron brayed

and

and stamped, and one parte of the pommeise stone Mingle all to together, and put it in the fire, and brape it often times, and so kepe it as the other.

¶ The syste earth, and the most parfyte.

TAKE mutton bones: but yf you take those of the heade, they wyll be better, yf not, take of what parte so euer it be, and burne them vpon the coales or in some furneis, vntil they ware perpe white: than stampe them, & sifte them. This doen, you shal put the pouder in some yron panne, or other thing amonge the coales, so that it may burne wel, than put to it a good handfull of tallowe, syringe it with some yron, in suche wise, that all the tallowe maye be burned with the saied pouder, leauinge it soo on the fyre yet halfe an howre, Than take it oute and brayse it, and burne it agayne, sprinklynge, and brayinge it often tymes as you dyd the other, vntill it be very fine and small, and than shall it be perfyte, and wil serue for many foundinges or meltinges.

¶ The syxte earth.

TAke Cuttle bones, and calcine them in the fyre, vntyll they be very white, and vse them in al thinges as you did the mutton bones, and than kepe it as a fore. Fynally, there is also earth made of ỹ herbe called Tripolium whereof the roote is of some men supposed to be Turbit, of the aſhes of Vynes, of strawe, of burned paper of horse dunge, dryed and burned, of bricke stamped of Boale, or of redde earth, or other lyke thinges that remain in the fire without melting, wherein men print very well all maner of metall, the whiche also neither breake, cleaue in sonder, nor chappe, as is aforesayed.

¶ The seuenth earth or sande.

Take

TAke the shelles of a fishe called in Latine Tellinæ, or Egge shelles, and stampe them wel together, and braye them with water, burninge them and braying them diuers tymes, as you do the other before named: but take heede diligently that this flye not or banishe awaye.

A goodlye waye and maner howe to make all these earthes verye fyne and small, and almoste impalpable.

TAke whiche of these foresayde earthes you wyll, or anye other, and after you haue wel stamped it, and sykted it, dryve it in a kettle by the fyre, or in a fryinge Panne, or other vessell, vntil it be verye whoate: than take it from the fyre, and stampe it wel, as before, with water or Vinaigre, heate it agayne, and braye it styll with water or Vinaigre, and neuer drye: Doynge so fyue or syxe tymes.

Finallye you shall put it in a vessel of whyte earthe, wel leaded, and powre into it as muche cleare water as wyll surmount it foure fyngars hygh: than styrre it with a litle cleane sticke, and let it rest the space of a quar. of a pater noster. Afterward powre ỹ said water fynely and wisely into some other vessel that is cleane: And vpon the sayde earth that remayneth in the fyrste vessel you shal powre other water, and styrre it as before: than powre the same with the other first powred out, and thus do so often vntil that with the water you haue powred out al the finest and smalest parte of the same earth. And if there remaine yet in the fyrst vessel any part of grosse earth braye it a newe, and than put it with the other. This doen you shal let al the same fyne and smal earth, which you powred into the other vessel, go downe to the bottome: and than powre oute fayer and softly the water, and let the pouder dry that remaineth in the bottome, the whiche afterwarde you shal bray wel once agayne, and passe it through a fyne sieue or sarce of silke (if you thynke good) and you shal

haue

haue a poulder, ſuche as there is not the lyke, whyche you muſte keepe, as the other before, in leather bagges or in bores of woode wel ſtopped, paſtinge or glewing the ſides, to the intente that the pouder flie not away, for it is a ſubſtaunce almooſt as fyne and as ſubtyle as the ayre.

¶ To make a water called Magiſtra, wherewith the fayed earthes to make mouldes is tempered and moyſted agayne at euery caſting and foundinge.

TO cauſe that the fayed earth be faſte and firme, and that beynge faſhioned and and dryc, it maye holde together, and not fall agayne into pouder, you muſte make this water, whyche is called la Magiſtra, whyche is a worde, not knowen from whence it is deducted, as the Philoſophers haue forged and geuen names to certaine waters, according to the effecte that they ſerue for, as they haue doen of this water. And it ſemeth that they meant by this, the ſame thing that we vnderſtande by the meane or waye, or ſuche a thing, that is a meane or way to kepe together or to diſſolue, or to do ſome like thinge: thus it is made. They take common ſalt, the whiche they wrappe in a linnen cloth wet in water, or other licour, and beynge ſo lapped vp, it is layd in the middle of the embers in a furneis, or in ſome other lyke place, to the intente that with a payre of bellowes they may geue it alwayes a great fyre, or elles they put it in ſome croſet, or other ſmall veſſel, luted and clayed, blowing it wel the ſpace of an houre, than they let it coole. And he that will not blowe it alwayes, as is afore ſayde let him lay it in the middes of hote coales, and yet couer it wel with fyre, and whan it is coole againe, he muſt ſtampe it, and put it in a pot well leaded, and put to it as much water as wyl couer it, foure or fyue fingars high: than muſte he ſet it on the fyre, and ſyrringe it, he ſhall make all the ſaied ſalte to diſſolue. This doen, it muſt coole againe,

and

and be strained or passed thorough a felte twise: and this is done for to moist or bane the sayde earthes, and to make them holde together, as we wil declare afterwarde. Also you may make this Magistra with the whytes of Egges, beaten with a stycke of a figge tre, until they bee conuerted and tourned in a froth or scumme, then let them rest the space of a night, and in the morninge powre oute the water that is founde vnder the froth. With this water is the sayde earth moisted and bayned, and it apeareth that it is better then other: for it maketh it faster and firmer and cleaner, nor cleaueth so soone vnto the thinges cast in the mouldes: therfore some put a litle of this water of whyte of Egges, with the other Magistra made of salte. Other put to it a lytle water of Gomme Arabick, adding in al thinges iudgement, experience, and industrye.

To make Lutum sapientiæ verye perfecte.

TAKE of the best whyte Potters earth that you can get, for in one place there is better than in another, that is to saye, of that whyche can beste endure the fyre, as suche as they make Pottes of in Padua, and lykewyse in Germany: for it is of such perfection that the pottes whiche be made of it, and wherin they dresse their meate, may also serue to founde metalles in. Take then of the best, and specially if it must serue for a thinge that hath nede to bee longe vppon a great fyre, otherwise take such as you can get. There is founde of it that is of a gray colour, as the common sorte is, and also there is whyte, that men vse in some place of Uicence, whiche is like loaues of Gibsum, or plaister, and is called of the Italians Florette de chio. We here in Englande vppon the vse thereof, maye geue it what name we will. Potters vse of it in Uenise, for to white the dishes and other things, before they vernish or polishe them. There is also found of it that is redde, as in Apulia, where there is greate quantitie, and that they call Boale, and is the very same that some Apoti-

caries

caries do sel for Boale Armenicke, and the Venicians vse of it for to paint redde the forefrontes of their houses, with lime, bricke and Vermillion, coueringe it afterwarde with Oyle of line. This redde earth is the fattest and the clammiest of al the rest, and therfore it cleaueth soonest by the fyre, if it be not tempered with some other substaunce. And because that al the sayde earthes be to fat, the one more than the other, therefore men put to them some leane substaunce. Nowe if you take of that of ashe colour, which is most common and the lest fatty, you may compose and make it in this maner. Take of the saide earth foure partes, of clothmakers flore or shearing, one part, ashes that haue serued in a buck, or other halfe a part, dry horsedunge or the dunge of an Asse, one part. If you wil make it parfiter, put to it a fewe stamped brickes, and sparkes of yron: let al these thinges be wel stamped, and sifted, that is to saye: the earth the ashes, the horse donge, the brickes, and the sparkes of yron: than mingle al together, and make it into earth, and make a bedde therof, vpon the whiche you shal cast by and litle and litle, the flore as equally as you can.

Thys doen, powre to it water, styrrynge it wel first with a sticke, and than with a Pallet broade at the ende. And whan al is wel incorporated together, as you woulde haue it, laye it vpon some great borde, and beate it wel, and that a good space with some great staffe or other instrument of yron, mingling and stirring it wel, for the lenger you beate it the better it is. By this meane you shal haue a verye good claye for to lute or claye, and foyne Violles, Flagonnes of Glasse to stil wyth, and bottels of Gourdes for stilling and other great thinges, as Furneisses and such lyke: as we wil declare afterwarde.

But he that wil make it with more ease, let him put the earth onely, the Flore, and the Horsedunge, with a fewe ashes. Some put no Horsedunge to it, and some no Flore, accordyng to the purpose that they make it for. For to stoppe and close vp the mouthes of stillinge

Glasses,

glasses, or Violes, to the intent they take no vent on the fyre, the sayde claye wyl be verye good: Neuertheless men put to it two partes of quicke lyme, and the whytes of Egges, and then it wyl be surer to let nothyng vent out but the glasse it self. Al kinde of clay or earth wold be kept moist, and redy dressed for him that wil occupie it continually, but it muste not be kepte to waterye nor yet lefte to drye, for than it woulde serue for nothinge, seynge that after it is once hardened, a man can not dresse it any more to do any good withal. And whan you put water to it, it is molified by lytle and litle aboue, and is as it were a sauce, but within remaineth harde, and yf you put to much water to it, you marre it vtterlye. Therefore when you see that it beginneth to ware drye, feede it a newe lytle and lytle with water, styrring it til it be wel, & so you shal make it perfecte.

Certayne thynges, whiche he that wyll take in hande anye foundynge or castyng of metalles, must alwayes haue readye and in order.

BEcause that instrumentes and meanes, bee those that make al thinges come oute of the workemans hande with a perfection: therefore to the intent that when time is come to beginne a worke, you be not vnfurnished, or sustayne domage for lacke of thinges necessary: Fyrst, let your coales be of stronge wod, ponge and drye, your crosets or melting potts without clefts or chappes, and of graye coloure, which commonly are better than the blacke, or whyte, you muste haue a lytle paper or passed bourde to geue it a vente ouer the mouthe of the croset, whiche is vncouered for certaine cause: a cane or reede to blowe awaye the ordoure and fylth out of the croset, a thing easier than with a payre of bellowes: an yron with a hoke, for to take the coales out of the croset or melting pot, and lykewyse a payre of tonges: a presse of wodde to kepe faste and sure the fourmes or mouldes in pourynge in the metall: two li-

tle tables or more of walnut tree wodde, or bore, or of ſome other harde and maſſiue wodde, or ells of copper made very euen and equal on euery ſyde, for to tourne the mouldes, and to kepe them ſteddye: two pieces of wolle, or more, to the intent, that if in faſtenynge the mouldes in the preſſe, they be not equal and euen without ſyde, theſe pieces may fil vp the empty place: a compaſſe and a rule for to part and deuide the caſting holes and pipe wherein the metal muſt runne: an yron made lyke a ſcraping knife or raſour, ſharpe at the ende, and edged at the ſydes, ſuche as gilters do vſe to make euen the caſting holes or pipes of mouldes, the whiche wyl ſerue to make the breathing hooles and pipes that the vapour goth oute at whan the worke is made, and haninge no ſuche inſtrument, you maye make them with a knife as handſomely as you can. You muſt alſo haue ready a lytle oyle and turpentine in a diſhe, with a litle paper, or ſome piece of linnen clothe to wette in the ſayde oyle and turpentine, and to burne it, for to parfume the fourmes and mouldes whan they be wel wiped to the intente the metal maye runne the better. And becauſe that ſometime ſuch parfume filleth vp the holownes and engrauing of the worke, you muſt haue a hares foote to wipe awaye the ſuperfluitie of it, and alſo for to ſwepe together the duſt, to thintent it fal not whan you wil caſte anye thynge in the mouldes. And than muſt you haue a bruſhe, or rubber of latin wyer, and one of ſylke, ſuche as men make cleane combes with for to rubbe and poliſhe the worke, before it is fourmed and faſhioned, to the intent to polliſhe it and dreſſe a newe, as neede ſhall bee, whan the worke is caſte.

The maner or order that a man oughte to keepe, whan he wyll caſt or founde metalles, or anye other thynge.

Fyrste you shal laye the metall or other worke that you wil cast, in a dishe with stronge Vinaigre, salt, and burned strawe: than rubbe it wel wᵗ your handes vntill it be cleane: lykewise with a rubber or brushe. Thys doen, washe it in freshe water, and wype it wyth a lynnen clothe. After thys, laye vppon a table of harde woode, or of copper wel polyshed, halfe the moulde or fourme, that is to say the female. And let the middle parte, that is to saye, that whiche is ioyned to the other, be layed vpwarde vpon the table, in whiche thinges thus layed, you shal laye your metals, or the thinge you wil fourme or fashion, and let it be cleane, as we haue saied orderinge it in suche sorte, if there be but one, that it be iuste and directlye agaynste the conduyte or pype, and as lowe in the frame as it maye, to the intent that the pype or cundite may be the longer, and that it maye haue metal ynough. If there be more than one, you shal order and set them on ẏ sides of the fourme or frame, and leaue place in the middle for to make the hole or pipe, to powre the metal in. And yf there be more then two, you must beware that one receyue not the metal of another, but make to euery one his lytle pype or condite, whiche maye aunswere and come iustly to the pype or hoole in ẏ middle. Than take one of the saide fine earthes, wel sifted through a fyne sarse, and whan you haue wel brayed it, put it in a platter or great dishe, to the intente that in handlinge it, there go nothinge out, and you shal moiste it litle and litle, with the water called Magistra miringe it wel with youre handes, and rubbinge it so longe betwene your handes, that wringing, it with your fiste it holde and cleaue together but you must note that I speake of moistyng it, and not of thorowe wettyng it, for it may not wete youre hande in pressynge it, nor cleaue vnto your hande lyke past, but that it onely holde together a litle more or lesse then drie flower or meale, and being so wronge in your hand, it may breake in pieces whan you touche it with your fingar. And hauinge thus brought it to a fourme, lay it handsomely vpon the metals

in the fourme or mould, with thendes of your fingers, and than with your hand wringe it, and presse it harde downe, not sparinge, to presse it well, in putting vpon it the other lytle table, and pressing it down with your handes, as hard as you can, yea with all your might. Than with a cutting yron with a right and euen edge and with a ruler made iuste, you shal liniate and make equall the saied fourmes, cutting away handsomely, ỹ earth that passeth ouer the saied moulds, and so laye them vpon one of the pieces of wolle, and then the litle flat table, then you shal take with both your hands the two litle tables, aboue and beneth, & holding them fast together, turne handsomly the moulds vpside down, and taking awaye the lytle tablet table, you shal se vnder the metals, in lyfting it vp, yf there be anye earth entred in, if there be, you must take it awaye with the hares fote. Then, setting the other parte of the fourme or moulde in his place, you shall fyll it with the same earth, pressinge it well, as before, and making it euen and equall wyth the yron.

Afterwarde, with the poynt of the yron, you shall lifte vp a lytle, at one of the corners, halfe the moulde or fourme, and take it of fayer and softly with your hand, and take out the metalles nimbly, touchinge them all tle round about, with the point of a smal penne or quil, if at the first they will not come oute, turninge downeward that part of the mould wherin they did stick whã you opened it. And if yet they will not come oute, strike them a crosse with the point of a knife, vntil, that turninge downeward the moulds, they come out. And if in case they be not wel printed, according to you mind you may put them agayne into theyr place, and presse theim againe: and haupnge set on both sides the twoo pieces of wolle, and the tables, close them in the presse. Fynally, with the saied shauer, or sharp yron, make the sayed pypes or conduites holowe, compassinge theym with your compasse, and rule, in suche sorte, that they come iuste and equally: than shall you trimme them so againste the fyre for to drye, tourning them sometime,

vntill

tempered or wet in oyle, and Turpentine, and beynge set on fire, smoke it, and if there remaine any superfluous thing, wipe it away w̄ the hares fote. Then ioyne them together againe, and hauinge layde to them the wolle, & tables, wring them a litle in the presse, and in the meane time hauing made ready and molten the metall (if it be siluer or white copper, it is knowen by the shining of it, & clearnesse in the melting pot: and yf it be tinne, by casting into it a stone, or some paper, and that it burne it) you shal cast it, & the thing shal go wel without any other helpe or aide, for to make it runne, sauinge that after the tinne is molten, put in a lytle, y is to say, a twentith part of sublimatum in respecte of the whole quantity, & one eyghte part of Antimonium: for beside that these thinges make it runne wel, they harden it and make it sownde well.

Then the mouldes beinge colde, take out handsomely the metalles: and whan you will caste other, you must parfume and smoke the mouldes again: and then presse them, and so cast your thinges as before, and do it as often as you thincke good. And if you se that the mouldes be not broken, and that you will kepe them for another time, you maye laye them in a drie place, and they wyl kepe wel. Finallye, the sayde earth taken out of the mouldes, brayed and sifted, will be alwayes better to serue your tourne. The metalles so caste, are sodden againe afterwarde, and ware white, so that they be not of Tynne, Also you maye geue to all these metalles what colours you wyl, as we wil declare more at large hereafter.

¶ To make a white, to blaunche and make white metalles, or other thinges newly molten, and also for to renewe metalles of olde syluer.

TAKE the metalles, or other thinges newly founded or molten, or elles the olde ones that you wil renewe, and laye them vppon the coales, tourning them often, vntyll they ware of a graye coloure, than

rubbe them with a bꝛuſh of copper wyer, putting them afterwarde in this white coloure folowing.

Take ſalte water of the ſea, oꝛ common water ſalted, with a handfull of baye ſalte, wherin you ſhall put the lees of white wine, and Roche Alome rawe.

Boyle all this in a panne leaded: and if the woꝛke be of copper, made white by anye ſophiſticall ſubſtaunce, you ſhall put to it theſe thinges folowinge, that is to ſaye Syluer beaten, oꝛ Siluerfoile, the weight of a Spaniſh Reall, Sal Armoniacke, waying thꝛee times as much Salte Peter the weighte of fiue Realles. All the ſayed thynges beynge put in ſome pot of earth, with a couer hauinge a hole in the middes, ſet them in the middle of the fyꝛe, couerynge it wyth aſhes and coales vp to the necke, and leaue it there ſo, vntill all the humoures be bꝛeathed out, then let al coole againe, and beate it into pouder very ſmall. This doen, take an vnce of this ſubſtaunce, oꝛ ſomewhat moꝛe oꝛ leſſe, and boyle it in the ſaied white confection of the Salt water, onely halfe a quarter of an howꝛe, puttinge in the metalles, oꝛ other woꝛkes. Then poure out this water with the metalles into cleere and luke warme water, and after rubbe the metalles with the Tartre oꝛ lees, and other thinges that remayne in the pot: and hauinge waſſhed them wel with freſhe water, wype them dꝛie.

¶ To gylt yron with water.

TAKE well, ryuer, oꝛ conduyte water, and foꝛ thꝛee pounde of the ſame, take twoo of Roche Alome an vnce of Romayne Vitriolle, the weight of a penny of Spaniſhe greene thꝛee vnces of Sal gemma an vnce of Oꝛpiment, and let all boile together: and whan you ſe it boyle, put in lees called Tartre, and bay ſalte, of eche of them halfe an vnce, and whan it hathe ſodden a lytle while, take it from the fire, and paint the yron with al, than hauinge ſet it in the fyꝛe to heate, burniſhe it, and it is doen.

The

¶ The lyke another waye.

TAke Oyle of line foure vnces, Tartre or wine lees two vnces, the yelkes of egges hard rosted and stãped, two vnces, Aleo cicotrinum, an vnce Saffron a quarter of a dragme curcuma the eight part of a dragme. Boile al these thinges together in a new earthen pot a good space, & if the oyle of line couer not al the said substaunces put in more water vntyll there be sufficient, then anoint your yron wt this mixtion, hauing first burnished it, and so shal you make it of the colour of golde.

¶ To gylte yron with golde foile, and water, or elles with golde mixte with Quicke Syluer, as goldesmythes are wont to gilte syluer.

TAke Romayne vitriole an vnce, roche Alome, two vnces, salte Armoniacke an vnce: all these thynges beynge well beaten in poulder, and boiled in common water, take your yron well burnyshed, and wet it wyth the sayed water, rubbinge it well: than lay on your goldefoyle, and let it drye by the fyre. This doen, burnishe it wyth stone Hematite, as men are wont to do, and it wyll be verye fayre. If you will gilt with golde mixt with quicke syluer, as goldesmithes vse to gylte syluer, you shall adde to the saied water a dragme of spanish grene half an vnce of Sublimatum, and let it boile al together, than put your yron to boyle in the saied water: but if it be so greate that it cannot go in, rubbe it wyth the saied boylinge water, and heate it, that it maye receyue the Amalgama of the quicke syluer and the gold, the which Amalgama we haue taughte you to make in the fift boke, in the chapiter of minglinge or miringe golde. And whan you haue heated the yron, gylt it with the same golde so mired with the quicke syluer, and smoke or fume it at the fyre with a lampe or with Brimstone, as goldsmithes commonly do, or rather with ware wherof we wil hereafter shew you a very good maner and waie, and better then that

is vsed in Germany, or in any place where it hath hytherto ben vsed.

¶ To dye or coloure into the colour of brasse, or also to gylte Syluer, whiche sheweth better, and continueth longer.

It is a thynge moste certaine, that golde set vpon whyte yron or syluer, sheweth not so fayre as vpon Brasse: for as sone as it begynneth to weare a lytle, men maye see the whytenesse of the yron or syluer, whyche is not so soone seene vpon anye redde coloure. Therefore many practicians, whan they wyll gylte anye woode, or other thinge, laye the bottome or grounde (not of redde, as the most part do) but of yelow to the intente that the golde shall not so soone appeare worne, as vpon the redde, and more vpon the white. The sayed yellow can not be laide vpon yron or syluer but leauing all this aside, whan you will gilt syluer, or geue a colour of brasse vnto yron, you shal do after this maner. Take verdet, or spanishe greene Vitriol of Almain, & salt Armontacke, at your discretion, but let the Vitriol be of a greater quantity thā the other thinges: put all this well beaten in pouder into stronge Vinaiger, letting it bolle halfe an houre. And when you haue taken it from the fire, while the substaunces be yet boilinge, you shal put in your yron that you will coloure, coueringe well the pot with his couer, and with cloth vpon it that it vent not out, and so let it coole, and you shall haue your yron well coloured, of a brasen coleure and thus maye you gilte it with quicke syluer, as yf it were brasse. Esteme this as a goodly secrete, and also profitable.

¶ A water or colour to lay vnder Diamondes, as well true as counterfeite, that is to say, made of white Saphyres, as we wyll declare after wards.

Take

TAke the ſmoke of a candell, gathered together in the bottome of a Baſen, and make it into a dowe wyth a lytle Dyle of Maſticke: than put the ſayed mirtion vnder the Diamonde in the ringe, where you wyll ſet it.

¶ To counterfeyte a Diamonde, with a white Saphyre.

THys Secrete is knowen wel ynough of the Jewe liars, that vſe almooſte all one maner indifferent good: but we (after we haue deſcribed theyr faſhiō) wyll ſhewe you awaye farre better. They take a Saphire of a good whyte coloure, and ſet it in the fyre in a Goldeſmithes croſet amonge fylynge of yron, or of Golde, thinkinge becauſe it is of greate value, that it is better for ſuche a purpoſe, but yet the fylynge of yron is a great deale better.

They let this fylinge or rubbyſh of yron become almoſt redde, without meltinge it, and caſt their Saphire into it, leauing it therein a prety while. And after they haue taken it out, if the white colour like a Diamond do not like them, they caſt it in againe, and ſo often, tyll they ſe it be to their fantaſie, than they ſet it in a ringe, and colour it as before. Nowe here foloweth another waye a great deale better. Take white ſmalt well beaten in ponder, and mingle it with the ſayed filinge of Golde, or yron, but ſo that there be as muche ſmalte as filing, then take a litle other ſmalte wout filing, and make it into dowe, w̄ your ſpettle, & in this dowe wrappe your Saphire, and let it dry wel at the fire.

This doen, tye it at the ende of a ſmall and fine wyer, and leaue the other ende ſo longe that you may plucke it out whan you will. Afterward couer it with the ſaid filinges, and leaue it ſo on the fire a certaine ſpace, vntyl the filinge be very hote, as is aforeſayd but ſo that in no caſe it melt: than plucke out once your Saphire, to ſe if the colour pleaſe you, if not put him in agayne, vntil it be faire to your minde.

To

¶ To ingroſſe thinne Balleſſes to ſet in ringes.

YF you haue Balleſſe as thinne as paper, dreſſe them of what greatnes or largeneſſe you wyll, and take a piece of fine Criſtall coloured lyke a Balles: then take a greate grayne of Maſtick, the whyche you ſhall ſticke vpon the poynte of a knyfe, and heate it well agayne the fire, & ſodaynly it wil caſt oute a litle droppe like ỳ teare of a mans eye, hauing a luſtre like a pearle with the whiche droppe, glewe on the ſayed Balles vpon the Criſtall, and feare not that it will gather to a lumpe, or hinder the colour: Then polliſche it, and geue it a luſtre, and ſo ſet it in golde, and it wil be very faier and ſeme to be veryly a Balles.

¶ To make Rubies of two pyeces, and Emerandes, as they make them at Mylan.

TAKE the droppe or teare of Maſticke, wherof we haue ſpoken in the Chapiter before, and yf you wyll make Emeraudes, you ſhall coloure it wyth Spanyſhe greene tempered and myngled wyth Oyle, puttynge to it a lytle Mare, yf neede be, and yf it be thicke, temper it wyth water: But yf you wyl make Rubies, take Gomme Arabicke, Alom ſuccarine, rawe Roche Alome, as muche of the one as of the other, and let it boile al together in common water: than put into the ſaid water ſome Braſill cut ſmall, and let it ſeeth, putting to it ſome Alome Catine ſo called, becauſe it is boyled in a caudron, of the which the more there is, ỳ darcker it wil be: then take the drop of Maſticke above ſaid, and colour it with the ſaid redde.

This doen, take two pieces of Criſtal, dreſſed and trimmed with the whele of what faſhion and greatnes you wyl, ſo that the piece whiche you will laye vppermoſt, be not ſo great as the other vnderneth, that is to ſaye, the one dreſſed vpon the other, as the naile vpon the finger, iuſt on euery ſide. After this laye that vnderneth, vpõ a litle fire pan, or ſome other inſtrumente of yron

en

on the coales, that the saied Cristall may be very hote, and than touche it vpon with the saied redde droppe or teare, whiche you shall take vppon the ende of a sticke: but it must be so hote that it may droppe downe the better: and whan you see that the saide piece of Cristall is coloured ynoughe, you shall take the other lesser piece, that muste be set aboue, whiche lykewise must be hote, and set it vpon the sayed droppe, and it wyll conglutinate and glew together the two pieces of Cristal, without causinge any thickneſſe or let vnto the lustre of the Rubie, the whiche will be cleare and bright on euerye syde. Afterward set it in your ringe, settinge to the Ruby the redde leafe, and the grene to the Emerandes, as we wil teach you hereafter how to make the said leaues for al kinde of stones, as wel fine, as artificiall.

¶ To make a paste or dowe for precious stones, as Emerauds Rubies, Saphirs, and such like, which be but of one piece well coloured within and without.

TAke potters lead burned. iii. vnces, and put it in as muche water as will couer it a finger or two highe: then stirre it with your finger, letting it go downe to the bottome. Afterward poure out the water, whiche wyll serue for to wet wythin syde the earthen pot leaded, to thintente that the mattre cleaue not to the sydes of it, wherin you put al the substaunce. Than take other. iii vnces of Vermillion dried, and mingle it with the sayd leade, then an vnce of Cristall calcined and burned, or elles of a Calcidonie stone, with. xiiii. or. xvi. carattes at the most, of Rubricke, or sparkes of Copper. Al these thinges wel stamped, and mingled together, you shall put in a pot of earthe leaded, well wet within with the said water of the lead: than couer it and set it in a glasse makers furneis, by the space of three or foure daies, and you shal haue a very fayre paste or dowe, the which you may cause to be dressed with the wheele, as you wil. At Venise men bie the stone for a grote or fiue pence at the most. And for to make yellow stones, you shal put to it

the

the rust or rubbishe of yron. And to make Rubies, put to it Cynople or redde leade: and in those that be of colours, you shal folowe the order that we wyl teach you hereafter.

¶ To make Emerauldes, and other stones or Iewelles.

TAke Sal alcali, and dyssolue it in water, distillinge it thorough a felt, and drye it, then dyssolue it agayne, and drye it so three times, afterward beat it into pouder: then take fyne Crystall, and cause an Apotycarye to stampe and syfte it for you, as they doe Cristall prepared. Then take two vnces and a halfe of the saied Cristall, of Sal alcali, two vnces. Spanish grene an vnce, fyrste tempered and steped in Vinaygre, and than strained. The sayd three pouders, you shal put in a vessell, as in a newe earthen pot leaded, the which pot you shall lute and clay ouer, and couer it that it take no vent, then leaue it so clayed and luted the space of three daies, the longar the better, vntil al be thorowe dry. Afterwarde, you shall put it in a potters furneis, the space of. xxiiii. houres. Then take the sayde compositiō, and dresse it as men do fyne stones, and you shall haue them excellent. And if you wyll haue Rubies, put Cinople to it, in steade of Spanishe grene. If you wyll haue Saphirs, put to it Lapis Lasuli. But if you wil haue Iacinthes, you muste put in Corall in steade of greene Verderame, as is before sayed,

¶ To calcine or burne Cristall and the calcidoyne stone, to put in the saied mixtions of precious stones.

TAke Tartre calcined and burned an vnce, and dissolue it in a dyshe full of cleare water, then strayne it out, and take the pieces of Cristall, or Calcidoin stone, and beate them vpon the fyre in an yron ladle or fyre panne: than quenche them in the water that is in the dyshe: take theym oute, and beate theym agayne, and quenche theim as before in the same water, doinge so

so syre or seuen times, and they shalbe very wel calcines and burned. Then beate them finely into pouder and put it into the said mirion. Neuertheles remember that if you wil make Emeraudes you must beat ỹ said substaunces to pouder in a brasen morter: But if you wil make Rubies :or other you muste stampe them in an yron morter, and beware that they touche not the brasse.

A water to harden the sayde stones.

BEcause that al the sayde artificial stones are commonly brittle, for to harden them doe as foloweth. Take lytle pieces of Calamita, and calcine them as you did the Christal: then beate them into pouder, and put it in a moyst place vntil it be tourned & dissolued into water, with the whiche you shal knede Vitriole Almaine or Romaine, rawe without makynge it redde: than make thereof a softe paste or dowe, or els a syroppe, whiche you shal stil in a glasse or Viol with acroked necke, or in an vrinal, and with the water that commeth of it, you shal knede barley flower, making a harde paste, in the whiche you shal wrappe your masse of stones made as is before said: or the stones self whan they be dressed and fashioned with the whele: then put them so wrapped in the same paste, into an ouen with a bache of breade and take them out with the breade. And whan you haue taken of the paste, you shal fynde your stones harde, as if they were natural. If you se it be nedes, you may couer them with the sayde paste, and bake them agayne in an ouen, and than shal you haue them parfite and harde.

To calcyne fyne syluer.

SEINGE that we are entered into the matter of calcininge, we wil shewe you the calcination of fine siluer, and than of Talchum, as we haue promised before.

There

There be diuers wayes of calcininge syluer, whereof we wil put here thre of ẏbest. Take fine siluer beaten verye fine & thinne, then cut it in pieces as bigge as a Spanishe riall, or more or lesse, for it maketh no great matter: then take a croset, or an earthen pot, & lay in the bottome of it a rancke of common salte, not white, nor prepared or trimmed to eate, but euen as it cometh out of the salines or salt panne, and it must be stamped very small. Upon this salt you shal laie likewise a rancke of the said pieces of syluer, and then another of salte, and another of siluer, and so consequently as longe as your syluer lasteth, in such sorte, that the last rancke may be of salte, and that good and thicke: then couer all thys wyth a paper, lutinge and clayinge well the croset, or lytle earthen pot, and leavynge a lytle hole in the coueringe the biggnesse of a goose quill. And when it is dry, couer it ouer, and rounde aboute, with coales and embers, and leave it in suche a fire, at the least three or foure houres: then hauing taken it out, and all beynge coole, open the croset, and take out the pieces of Syluer one after another, makinge theim cleane that the salte stick not vpon them. And if you perceiue that they be so brittle that you may breake them with your finger, like a crust of bread, it is done & made: if not put them again into the croset or pot, setting them in the fire as before. And to make it perfitly, you ought to do this three times or more. This doen, make your siluer into pouder, and wash it in a dishfull of hote water, & let it sincke to the bottome. After straine out ẏ water so handsomly, that you lose no part of ẏ said pouder: or to auoid al daũgers passe it thorow a felt: this doen put other hote water to it, & straine it out as before, so often tyl you may know by the tast of the water, that al the salt is purged away. Than shal your siluer be well calcined, & diminished of the weight dried and become frõ his nature into a wastik part, & somewhat like vnto gold. Thus wil it serue you for diuers things, if you can dresse it wel. The like is done with Talcum, in steade of common salt: but than you neede not washe it in hote water. Some calcyne it

with

with Salt or Talchum. xii. or. xv. tymes, and more, to the intent to haue it more massiue and sounder, and more commodious to take colour. It may be also doen in this maner, that is to saye, to melte the syluer in a Goldsmithes meltynge pot, and for euerye vnce of the same, to put in a pound or more of Brimstone stamped and that litle and litle. True it is, that so it wil consume more than by the salte, or Talchum, but it shalbe farre better if the Brimstone be fyrst purged in stronge lye (that is to say, made with stronge ashes, and quicke lime, or such lyke thinges.) Nowe let vs come to the other maners of calcining siluer.

The seconde maner of calcinyng syluer.

TAke Aqua fortis seperatiua, made wyth Salt Peter and Alome, as we haue before declared, than take fyne Syluer, fyled or pollyshed, or beaten into leaues, or made in smale pieces, or graynes, that is to saye, of the sayde Syluer one parte, and of Aqua fortis, three partes and haue the sayde water in a viall: then put in the saied siluer, and you shal see it wil incontinent beginne to boyle, and that the bottome of the viol wil bee hote if the water be good. Let it so boyle, vntil it boyle no more eate no more, holdinge stil the viol in your hande, or setting it in some place farre from the fyre. But if the water be not stronge, you must set it a litle to the fyre, holdinge still the viall in your hande vpon the embers, or elles you may set it vpon a fewe ashes, or vpon some litle furneis. And whan it hath left boylinge, and eaten all the syluer, you shal see the water ware greene, so that there shall remayne no siluer in the bottome, if that the water were well calcined and burned: for than it woulde make as it were white lime at the bottome, or if there were any golde in the siluer it would make it descende to the bottome in litle round pieces like pearles or lyke sande. Nowe after that the sayd siluer is dissolued, and eaten of the sayde Aqua fortis you shal take another viol bigger, or an vrinall, or earthen

then pot half ful or more of wel or riuer water, where into you haue dissolued, and haue in a readines a good handful of common white salte: then let the sayd water be strained two or three times. This doen, you shal powre the aqua fortis whiche dissolued the siluer into the salte water, leauinge it so the spacs of foure or fiue houres: then shal you finde at the bottome as it were a bedde or bancke, whiche shall bee the Siluer dissolued, and the Salte: aqua fortis, and also a part of the common Salte that you put in. Afterwarde distil the sayde water by a felte, and take the Siluer that is so discended to the bottome, and put it in a croset couerynge it wel, to the intent there fal no ordure nor filth into it: than burye and couer it ouer and ouer in hote burninge embers, couering it wel also with fyre, that it may burne the space of. iii. houres or more. Finally let it coole wel againe, and powre the siluer oute of the croset, into a disheful of hote water, stirring it a lytle together with your fingar, & than let it rest: and after powre out fayre and softly the sayd water and put in other, doing as before, vntil the water ware no more salt: thys doen, let the siluer drie, whiche shalbe verye wel calcined for to serue your turne in any thing that you wil.

The thyrde maner of calcynynge Syluer.

YOu shall mire together into dowe or paste called Amalgama, one part of Siluer leaues, with three or foure partes of quicke Siluer, as we haue declared in the fyfte booke, in the Chapter of the maner howe to braye gold: then bray this Amalgama, or past with common salt, and set it to the fyre vntil the quicke siluer be vanished away, afterward washe it with hote water, so much and so often, that the water be no more salt, then shall you haue your Siluer calcined. After thys if you thinke good you may braye it againe with other salte, without other quicke siluer: and then put it to the fire in a croset, three or foure houres, and washe it again, as is aforesayde.

To

To calcine Talchum quickelye out of hande.

BEcause that Talchum is a thinge of so greate importaunce, and so muche desyred of all good wittes men haue founde diuers wayes to calcine it, the which teache vs that we must put to it twise as muche salt Peter as common Salt, or rawe Tartre with the Talchum, and than put all this in a furneis certayne dayes, and than to seperate the sayde Salte or Tartre with hote water. Other heate it vpon the coales, and quenche it in pisse, & do it often tymes. Other there be that wrappe it in litle white pieces of wollen cloth, and put it in the middes of a great fyre, the space of half an houre or more, and than they finde it thorowly molten and al in a light piece, and ful of hooles like a sponge, not much differyng from burned Alome. Al the which wayes to say the trueth are nothyng worth, nor do not perfectly calcine it, where they corrupt ꝑ nature of the Tartre, and make it become lyke vnto quicke lyme or Alome, or els of litle strength. Nowe for to calcine it out of hand & perfectly you shal take the Talchum raw and made into litle leaues, or stamped as wel as is possible, & than put it in a croset, or in a fayre pan among the hote coles. And whan it is very hote or rather redde hote, you shal put to it drop by drop distilled vinsaigre wherein Tartre hath bene dissolued, and put thervnto the thirde part of Aqua vite, powring it by litle and litle vpon the hote lees or Tartre that is to say, three vnces of Vinaigre for euery poũd of Talchum: than take it from the fire, & you shal finde it fayre & wel calcined. Finally you shal washe it with hote water to thintent to seperate the lees or Tartre from it. It is calcioned also being made in leaues as thin as is possible, layinge them by ranckes or beddes, with litle flat pieces of syluer in a croset luted and clayed, than put them in a furneis where glasse or bricke is made, by the space of foure or fyue dayes. The lyke is done with lytle pieces of Tynne.

¶ An excellent and very eaſy waye to gylte yron, copper, and ſyluer, to make it ſeme like maſſyue golde.

FIrſt yf you wil gilt ſiluer, or yron, you muſt giue it the colour of copper, as we haue afore ſaid: than take beaten golde, which you ſhal mire with quick ſyluer, and make Amalguma or paſte thereof, as is ſaid before, and ſhal put the ſaid Amalgama in a litle diſhe, vpon the which you ſhal poure ẏ iuice of a fruite called Cucumis aſininus, ſuch a quantitie that it maye be aboue the ſaid ſubſtaunces a finger high. Kepe this gold thus prepared and trimmed, and couer it, to thintent there fall no filth nor ordure into it, which you may vſe and occupy whan you wil. Afterward, the thinges that you wil gilt, muſt be very cleane, and wel poliſhed, then with a penſell you ſhal geue them of the ſaid golde ſo prepared with quick ſiluer, and as it were diſſolued, rubbinge it well all aboute. If you wyll not do ſo, you maye gylte after the common maner of goldſmithes: yet notwithſtandynge wyth golde made into Amalgama, or myxed as is afore ſayed, chafynge the worke that you wil gylte wyth Aqua fortis, as they do. Then make the quicke ſyluer vaniſhe away, as the goldſmithes of Italy comonly do, that is to ſay, with a lampe of line ſeed Oile, and with Brimſtone, and make afterwarde a gilt vpon the worke, that is lyke Saffron. But I counſell you to vſe this maner in the chapiter folowinge, whiche is partly the ſame that the goldeſmithes do vſe, in Fraunce and elles where, but it is much amended, and this is it.

¶ A perfyt maner and waye to gylte, and to make the quicke ſyluer to vaniſh away from the thing gylted.

PUt in a pan the rubbyſhe or ſcumme of copper, & the filinge of yron, then poure vpon it ſtronge Vynaigre not diſtilled, as much as wil couer it two or thre fingers high. Let it boyle ſo the ſpace of an houre, then poure out the ſaid Vinagre, & put in other letting it boile as before, and do thus four or fyr tymes.

After-

Afterward make the sayd Vinaigres put together, to euaporate or drie vp, or elles make it distil oute, for to haue one vinaigre of it, whiche wil be good for manye thinges. This done you shall put vnto the sayd pouder remaining at the bottom, the eight parte of Almayne Vitriole, and as muche of Ferreum of Spaine, and the halfe of an eyght part of salte Armoniacke, with a litle Brimstone: than into a lytle molten ware with a litle Oyle of line, or oyle Olyue, you shall put litle and litle the sayde ponders well mingled together. Finallye take that whiche you haue couered with the sayd Amalgama of golde and quick siluer, and with a pensyl couer and lay it ouer wel with the sayed ware so mixed, than put it, so cyzed, in the middes of hote burnyng coales, and let it burne and consume al the ware. This doen, you shal haue suche a gylt, that it shall be lyke massiue golde. And at the ende you may polisshe it with brushes of copper wyre and colde water, or you may burnish it as you wyl.

The ende of the Secretes of Dom Alexis of Piemount.

Here foloweth the Table

of all the Secretes contayned in this present volume.

THE maner, and Secrete to conserue a mannes youth, and to holde backe old age, to maintaine a man alwayes in health and strength, as in the fairest floure of his yeres. Fol.1

To make a precious lycoure, and of inestimable vertue, the whiche taken at the mouth strengtheneth and augmenteth the natural heate and radical moisture, purifieth the bloode and cleanseth the stomacke from al superfluitie of humours: and by that meane conserueth the health and youthe, and prolongeth the lyfe of hym that vseth it. Fol.1

A potion or drinke to be vsed in stede of Syrop, good for men of all ages and complexions, that wil bee purged: the whiche taken what daye you wyl dryueth away the euil humours, withoute mouinge or troubling the good, or doinge any hurt. And is also verye good for the great pockes, and al infirmities, as wel of the stomacke as of the head, and is likewise profitable for them that be in health, to take twise in the yere of an ordinary purgation, that is to saye, at the Springe and in September. Fol.5.

A very easy and good remedye for to heale al maner of pockes: whiche is made with litle coste, and requireth not that a man keepe his bedde or his house, but maye vse it goinge in the stretes. And it is also verye good for all sortes of griefe in the ioyntes, in what part of the body so euer it be. Fol.6.

To resolue and reduct gold into a potable licour, whiche conserueth the youth and health of a man as wel taken by it self, as mixed with the forsayde licoure spoken of in the.2. chapter of this present boke, & wil heale euery disease that is thought incurable, in the space of.7. dayes at the furthest. Fol.6

To heale an excrescence or growinge vp of the flesshe, within

The Table.

within the yarde of a man, albeit it were rooted in of a long tyme. Folio. 8.
To heale all maner of inflammation, and euill disposition of the liuer, and by this secrete been healed certaine persones, whiche had their faces as it were Lepzie, greate swollen legges, their handes inflamed, and rough within side. Idem.
To heale the Emeraudes oz Piles, in a nighte, a rare secrete and very excellent. Folio. 9.
A singuler oyntmente, whyche healeth all burnynges with fyze, not leauyng cicatryce oz skarre where it was. Idem.
A parfite and pzoued remedie foz theim that bee weake of stomacke, and can not keepe their meate without vomityng it vp again. Idem.
An excellente remedie wherewyth a woman of thirtie and fiue yeres was healed, that had so marred her stomacke, that in the space of twoo yeres and an halfe, she was neuer naturally purged downewarde: and as sone as she had eaten any thing, she vomited it vp agayne, so that she became yellowe, and as dzye as a sticke. Folio. 10.
Thzee remedies verie good against the wozmes in littie childzen. Idem.
The seconde remedie. Idem.
The thirde remedie. Idem.
To heale childzen of the Lunatike disease, whiche happeneth vnto theim, by reason of a wozme with twoo heddes, that bzeadeth in theyz bodyes, the whyche wozme, comyng vnto the hart, causeth them to haue such a passion, that often times it killeth thē. Fo. 11.
A remedie foz the fallyng sicknes. Idem.
To make oile of Bzimstone, to heale al maner of Cankers, diseases oz sozes, whiche come of a putrified humoure, and renne continually, commonly called Fistules, and also to heale inueterate and olde woundes. Idem.
To take awaye the venime oz poison from a wounde made by some poisoned weapon oz arrowe. Idem.

The Table

Against the bityng of all venemous beastes. idem.
To drawe an arrowe heade, or any other yron out of a wounde. Folio.12.
Against a vehement cogh of yong children. idem.
For hym that hath a bunche or knobbe in his heade, or that hath his head swollen with a fall. idem.
A good remedy for one that is deaffe. idem.
To heale a woman that hath the Matrice out of her naturall place. Folio.13.
To make a womās Wilke to come and encrease. idem.
A verye good Secrete for the Gommes or Burgeons, that remayne of the greate Pockes, as well olde as newe. idem.
Another remedy for the same burgeons of pockes. idē.
A very easy and parfyt remedy for hym that hath anye blowe with a Sworde, Staffe, or stone, or other like thing, yea, though he were greuously wounded. 14.
A water to heale all maner of woundes in short space: whiche is a thyng that euery manne ought alwaies to haue in his house, for the accidentes and chaunces that maye fall, seeyng it is easie to be made, and wit littlle coste, and that it is of so merueilous an operation. idem.
To make oile of Saincte Jhons worte, which is called in Venise, and diuerse other places, redde oile, and is of such vertue, that a manne can skante erpresse it, as well to heale woundes, as other infinite diseases, whereof we will shewe the moste notable, and those that we haue founde true by experience. Fol.15.
To make oile of a redde Dogge, by the meane whereof (beside other infinite vertues that it hath) I healed a Frier of Saincte Onofres, who had, by the space of twelue yeres, a lame and drie arme, withered like a stycke, so that nature gaue it no moare nourysheminte. Folio.17.
To make an oyntment the most excellent in the world whose vertues are infinite, as we will declare afterwarde whiche princes oughte to commaunde to be made and kepte in their common wealthes: and that

it shoulde be made in the presence of Phisitions, as Triakle is made, or at the least euery man oughte to haue it in his house, and specially because a man may make a great quantity of it, and the lengar it is kept the better it wareth. Folio. 18.
A very true and proued remedye agaynste a quartayne ague. idem.
To heale wartes, a secrete very excellent and easy to be dooen, proued and experimented vppon dyuers persionnes. idem.
A very profitable and easy remedye to be made againste pluresies, whiche in two dayes healed a Smith that was almost dead, & had not slept in. ii. nights. Fo. 21.
Another secrete or remedy agaynste the sayd disease of the pluresie. idem.
Another goodly secret against the same disease. idem.
Another against the same disease. idem.
To make a water good for the brest or stomacke, of the whiche men vse to geue them drinke that be tormented or grieued with the stitche in the side, or pluretik apostumes: the whiche water is of a meruelous good sauoure, and mondifieth very well the breaste or stomacke. Folio. 22.
Against all diseases of the mouth, palate, throte, gummes, and Jawes. idem.
For all woundes or sores of the legges, be they recent or olde, although the legges were couered ouer with them, and eaten vnto the bone. Folio. 23.
To heale swollen knees or legges, redde, and full of humours: a secrete meruelous good, easye to be made, and of litle charge, and often times proued. idem.
A very sure and parfit remedie agaynste a Sciatica, oftentimes proued and experimented in dyuers partes of the worlde. Foli. 24.
A water for to heale in. v. daies at the moost all maner of greate stabbes, as well inwarde as outwarde, and is a water cleare and whyte, and of an odoryferous sauoure, suche as a manne maye presente to a Quene. Folio. 25.

The Table

Againſt the diſeaſe or greif of ỹ flankes, and the colick paſſion, experimented and proued diuers times. Idē.
Another remedy againſt the ſame. Fol. 26.
Another parfit remedye againſte the ſame diſeaſe, and to make a man piſſe that hath ben thre or foure daies without making water, and that in the ſpace of half an houre, and will breake the ſtone in ten or twelue dayes. Idem.
Another remedye agaynſte the ſtone, and payne of the reynes. Idem.
The laſte and mooſt excellent remedy of al, agaynſt the ſtone, be it in the reynes, or in the bladder, of what qualitie or quantitie ſo euer it be. Idem.
For him that ſpitteth bloude, by hauing ſome beyne of his breaſt broken. Folio. 27.
Agaynſt the greif in the lunges, and ſpittinge of bloud a thinge experimented. Idem.
Agaynſt the paine of the flankes, of the reynes, and all other greifes. Idem.
Againſt the ſtinking of the breath Fol. 28.
Agaynſt the bytinge of a madde dogge, and the rage or maddeneſſe that foloweth the manne after he is bitten. Idem.
To take awaye the dead fleſhe that cometh or groweth in the noſe. Idem.
For one which (with falling from ſome high place) feareth to haue ſomething broken in his bodie. Idem.
A very good and eaſy remedy againſt the diſeaſe called the kinges euyll. Idem.
Another remedy againſt the ſame diſeaſe. Idem.
To knowe whether a woman ſhall euer conceyue or not. Idem.
A very rare remedye for to take the kernelles oute of a mannes throte in fifty dayes at the furtheſt. Idem.
Another remedy eaſier to make. Folio. 29.
A thyng experimented and proued to bee very true, againſt the ſame diſeaſe. Idem.
To make the ſkin ſtretch, and retourne again into his place, after the kernell is healed. Idem

The Table.

A very erquisite remedie against the disease, called in Latine Augina, and in Greeke Synanche, whyche is an inflammation of the Muskle of the ynner gargyle, the Frenche menne call it Squinancie, in Englyshe, Quinsey. Idem.
Another against the same disease. Idem.
Another against the sickneese. Idem.
A very good remedie against the kinges euill. Idem.
To heale the same disease by a substaunce taken at the mouthe. Folio. 30.
A heauenly water, whiche hath many goodly and notable vertues, as we wil shewe you after. Idem.
Pilles of a meruellous operation and vertue. against the Sciatica, whiche we promised to speake of, in the Chapiter, of the Sciatica. Fol. 31.
A notable secret to heale a madde manne, be it that the madneese came vnto hym, by a whirlynge or giddineese in the heade or braine, or otherwise. Folio. 32.
Pilles of Maister Michaell a Scotte, the which healeth the griefe or paine of the heade, be it inueterate or recent, purge the braine, clarifie the sight, cause a man to haue a good memorie, good colour in the face, and be also very good for many infirmities. Fol. 33.
Against the paynes of womens breastes, a very excellent remedie. Idem.
To rype a Fellon, Cattes heere, Botche, Boile, or other apostumes or swellynges, whiche haue neede of quicke and sodain rypyng. Idem.
To resolue a Fellon, Cattes heere, Boile, or Botch at the first beginning. Idem.
To make Emplastrum Aureum, which is of a wonderful vertue, for all sortes of woundes. Folio. 34.
Another excellent secrete, whiche was brought out of India, and is very good for diuers accidentes of mannes bodie. Idem.
Against al maner of coghes, as well inueterate and old as recent and new, a certain & sure remedy. Idem.
An excellente conserue against the coghe, and all anguishe of the breast, whiche also mondifieth and clenseth

seth the stomacke, causeth a good voice, and a fayre colour in the face. Idem.
A goodly and pleasaunte Secrete to heale the cogh, in rubbyng the solles of the feete: and is a thyng verye easie and certain. Folio.35.
A very goodly and easie remedye to heale, in a daye or twaine, al maner of inueterat & old woundes wherin is growen deade and superfluous flesche, & woundes that can not be cured, by any other medicines. Idem.
Against al maner of pestilence or plague, be it neuer so vehement, a most certain and proued thing. Fol.36.
A very good parfume against the plague. Idem.
Another remedy very good against the plague. Idem.
For him that is sicke of the plague. Idem.
An ointment to make an apostume breake, and the sore of the plague to fal of. Idem.
Another remedy against the plague. Fol.37.
Another very good remedy against the plague. Idem.
Another perfit receipt against the plague. Idem.
Another against the plague. Idem.
A thyng oftentymes proued and experimented against the plague. Folio.38.
A preseruatiue against ỹ plague oftētimes proued. Idē
Another. Idem.
Another. Idem.
In a suspect time of a plague. Idem.
Another wel tried & proued against the pestilence. Idē.
A very parfit secrete against the plague. Idem.
Another very good secrete. Folio.39.
To make a carbuncle and al other botches, apostumes and plague sores, to breake, a presente remedye, and very easie to make. Idem.
A verye good remedye against the markes or spottes of the plague, commonly called Gods markes. Idem.
Against the mortalitie of the Pestilence, a very perfite remedye. Idem.
To make lyttle round Apples or balles agaynst the plague. Folio.40.
An ointment to kill the plague. Idem.

The Table.

A very perfite oile against the plague & al poison. Idē.
A meruelous secrete for to preserue a manne from the plague: and hath been proued in Englande of all the Phisitions, in that greate and vehement plague, in the yere. 1348. whiche crepte throughoute all the world, and there was neuer man that vsed this Secrete, but he was preserued from the plague. Idem.
A very sure and parfyte remedy to cure a manne of the Pestilence, and some there hath been, that haue been cured in a nyghte: the sayed remedye is also good for Goddes markes, and Carbuncles, Botles, Botches & suche lyke sickneſſes, as saint Anthonies fire and suche other. Folio. 41.
A very goodly and present remedy for to heale the pestilence, and drawyng out the venime from the botche, or sore, or other like accident. Idem.
An aduertisement or warnyng of great importaunce, to preserue a man in tyme of pestilence. Idem.
To dresse and order the iuyce of Citrons, for the vse of it, as is aforesaied. Folio. 43.

Of the seconde booke.

TO make oyle Imperialle, to parfume the heere or bearde of manne, to rubbe hys handes or glooues wyth, and to put also into the Lye or water, wherein Prynces or greate mennes clothes are washed, and thys oyle maye a man make with caste inough, and also with little charge or expense. Folio. 43.
To make oile of Ben with small charge, the whiche of it self wil be odoriferous or soote in sauour, and very excellent, where of parfumours doe vse aptly, for to parfume glooues. or other things with al. Folio. 44.
The make an odoriferous & swete water veri good. Idē
The second odoriferous water. Idem.
The third swete water. Folio. 45.
The fowerth swete water. Idem.
The fift swete water. idem.

The Table

The firt ſwete water. Idem.
The ſeuenth ſewete water. Idem.
The eight ſwete water. Folio. 46.
The nineth ſwete water. Idem.
The tenth ſwete water. Idem.
Oile of Orenges very excellent. Idem.
Oile of Jaſemine and of violettes. Idem.
Oile of Nutmegges very perfite. Idem.
Oile of Bengewin, very excellent. Folio. 47.
Oile of Storax very excellent. Idem.
Oile of Myrrhe, good for them that haue their fleſh full of humours, and carraine leane, for to make it tractable, quicke, naturall, and ſtrong. Idem.
The maner to make that oiles ſhall neuer ware mouldie, nor putrifie. Idem.
Poulder of Iris. Idem.
Poulder of Violettes. Idem.
A white pouder to put in litle bagges. Idem.
Poulder of Cypres. Folio. 48.
White Huſked Sope. Idem.
An other kinde of odoriferous white Sope. Idem.
To make Damaſkine Sope Huſked. Idem.
To get out the milke of Macaleb. Fol. 49.
Pouder of Cinet very exquiſyte. Idem.
A principall pouder. Idem.
A white odoriferous pouder. Idem.
A redde pouder. Idem.
A blacke pouder. Idem.
Pouder of Cipre very exquiſite. Idem.
Another way to make it very perfite. Folio. 50.
A ſwete and odoriferous poulder, very excellent to laie in cheſtes and cofers. Idem.
An odoriferous and ſwete pouder. Idem.
Oile of Bengewine. Folio. 51.
A very good and odoriferous poulder, to cary aboute a man, or to laye in cofers. Idem.
Balles againſte the peſtilence or plague, whyche alſo geue an odour vnto al thinges. Idem.
A princely licour. Idem.

Liquide

The Table.

Liquide and soft sope of Naples. Idem.
To make the sayd sope muskt. Idem.
Verye excellent Muscardynes whyche eaten causeth a swete breath. Idem.
Another very excellent muscardyne. Folio. 52.
Dentifrices or rubbers for the teeth, of great perfection for to make them cleane. Idem.
Oyle of Bengewins odoriferous. Idem.
Oyle of Storax Calamita. Idem.
To make oyle of Labdanum. Fol. 53.
Oyle of Nutmegges. Idem.
Another maner. Idem.
A very exquisite sope, made of diuers thinges. Idem.
Sope with Ciuet. Idem.
Sope with diuers and excellent oyles. Fol. 54.
Sope rosat. Idem.
White sope of a good sauour and odour. Idem.
Perfect sope. Idem.
Whole and mastine blacke sope. Idem.
Damaske parfume. Idem.
Another parfume of damaske. Folio. 55.
An excellent swete suet or oyntment called in French and Italyen pommade. Idem.
Another swete oyntment. Idem.
Another of the same. Folio. 56.
Excellent Ipocras. Idem.
To make litle cusshins of parfumed roses. Fol. 57.
Matches or litle lightes of a very good odour. Idem.
A composition of Muske, Ciuet, and Ambergrise. Idē.
A parfume for a chamber very excellent. Idem.
Sope of Naples. Idem.
Perfume for a lampe. Folio. 58.
A shorte perfume. Idem.
An odoriferous perfume for chambers. Idem.
A very good perfume for to trimme gloues wyth lytle cost, and yet will continue longe. Idem.
A very exquysite Cyuet to perfume gloues, and to annoynt a mans handes with. Fol. 59.
Oyle of roses and floures, very parfyte. Idem.

Oyle

Oyle of Cloues very noble. Idem.
To make an excellent parfume to parfume chambers, Garmentes, Couerlettes, Sheetes, & al other thinges, belonging to any prince. Fol. 60.
Rounde appels or balles to take out spottes of oyle or greafe. Idem. To make a paft or dowe for fwete Beades or Beadftones. Idem.

Of the. iii. Booke.

A Goodly fecrete for to condite or confite Orenges, Citrons, and al other fruites in fyrop, which is a notable thyng. Fol. 61.
The maner how to purifie and prepare honnie, & fugre for to confite Citrons & all other fruites. Idem.
To confite Peches after the Spanifhe facion. Fol. 62.
To make conferue or confyture of Quinces, called in Latine Coroneatum, cidoniatum or cidonites, as thei doe in Valence, in Englifhe Marmelade. Idem.
To make a paft of fuger, whereof a man may make all maner of fruites, and other fyne thinges, with theyr forme, as platters, difhes, glaffes, cuppes, and fuche like thinges, wherewith you may furnyfhe a table: and when you haue done eate them vp. A pleafaunt thing for them that fit at the table. Fol. 63.
To make a confection of Melons or pompones. Idem.
To make Melons and pompones fweete and verye delicate. Idem.
To confyte Orenge pilles, whiche maye be done at all tymes of the yere and chiefely in Maye, becaufe than the faide pilles be greater and thicker. Idem.
To confite Walnuttes. Fol. 64.
To confite gourdes. Idē. To confite cherries. Idem.
To make litle morfels as thei vfe in Naples, an exquifite thing, for thei be very fauourous, do confort the ftomacke, and make a fwete breath. Idem.

Of the. iiii. Booke.

The Table.

A Sodoziferous and prectous water, wherewith a man maye wete or bathe anye linnen clothe, to wype or rubbe the face, which wil make his flesh whyte and well coloured: and the moze a man rubbeth his face with it, the fayzer it is, and also continueth fire monethes, a thing experimented and proued, yea and it were for a Queene. Fol. 65.
To make a water that wil make a white and pale persone, wel coloured. Fol. 66.
A very good water, to make the face appeare of the age of.xxv. yeres. Idem.
A water to beautifie the face, and all other partes of the bodye. Idem.
A water to make the skinne whyte, and to take awaye the Sunne burnynge. Fol. 67.
Another water to beautifie the face, and to make it appeare of the age of fiftene yeres. Idem.
An easye water for Ladies and gentlewomen. Idem.
To make a goodlye lustre, or beautifyinge of the face good for Ladies and Dames. Idem.
To take out spottes, lentils, or pimpels in ỹ face. Idē
To dzesse or trymme water of the Vine, caled Lachrima Vitis. Fol. 68.
A verye good waye, howe to geue a lustre or shewe, to all distilled water, Idem.
To make a water of whyte Melones, that maketh a fayze skynne. Idem.
To make a very good water of Gourdes, as well garden Gourdes as wylde. Idem.
An oyntment for the face, whiche beyng kept on or vsed continuallye, the space of eyghte dayes, altereth the skinne, and reneweth it fynely. Fol. 69.
For him that hath naturally a redde face. Idem.
To make Aqua argentata, or syluer water, whiche maketh a whyte, ruddie, and glistryng face: and is made lyke a water, and not lyke an oyntment, that the Dames of Italye, for the moste parte doe vse, although that fewe men make it, as it oughte to bee made. Idem.

To

The Table.

To geue a Gloſſe or Luſtre to the ſayde Syluered water. Fol. 70.
To make an oyntment for the face. Idem.
To make a redde colour for the face. Fol. 71.
To make the face fayre. Idem.
To make the face faire another waie. Idem.
To make the face faire. Idem.
To make a water that maketh the face whyte. Idem.
Another maner to make the face faire. Idem.
To take ſpottes or lintelles, or redde pimples, out of the face. Idem.
To take of a ring worme or tetter ỹ runneth all ouer a mans face, called in Frenche, Le feu volant. Idem.
To driue away Lyce. Fol. 72.
To make a water that taketh away al ſtaining, dying and ſpottes from the handes of artificers, that get them by worckynge, and maketh them very whyte and faire: it is alſo good for them that be Sunne burned. Idem.
To make a water, that maketh the fleſhe & ſkinne of a man or woman very fayre, and wil bee kept lyke a precious baume. Idem.
A very goodlye water to waſhe the face, necke, and the breaſt, whereof a man may make a great quantitie, for the more there is of it, the better it is: It maketh the ſkynne and the fleſhe of the face fayre, not hurting or deſtroying the teeth, and ſhall ſeeme that the face is nothinge at al holpen with anye coloure, but that it is euen ſo by nature. Fol. 73.
To make a very excellent red colour for the face, which is natural and continueth long vpon ỹ face, making it alwayes gaier and fairer. Idem.
Another kinde of redde very good for the face, eaſier to make, and with leſſe coſt. Fol. 74.
An excellent whyte aboue al other. Idem.
To make heare as yellow as golde. Idem.
To make Lye to waſhe the head, which (beſyde that it comforteth the brayne, and the memory) maketh the heare longe, fayre, and yelow like golde. Idem.

lowe

The Table.

Lye to make the beare blacke. Fol. 75.
An oyle for to annoynt the beare, which maketh it yelowe lyke lyke gold, long & glistryng lyke burnished golde. Idem.
A very goodly way or maner howe to make yellowe aberne beare, without standinge longe, or nothing at al in the sonne, a rare & very excellent secrete. Idem.
An oyntment to make the beares fal from any place of the bodye. Fol. 76
An oyle or lycour to make the beare fal of, and maye be kept as longe as a man wil: It is also good for al occasions. Fol. 77.
An aduertisment or lesson for them that wil make the beare fall of. Idem.
To cause that the beare shal grow no more, or to make them come out thinne & fine lyke the fyrst soft beare or moslines of the face. Idem.
To make a kynde of cloth or plaister to take the beare from the face, necke, and handes, or from anye parte of the bodye. Fol. 78.
A merueylous secrete whiche the greate Lordes of the Moores do vse, whereby they make ỳ their children haue no beare vnder their armes, or other place wher thei wil. And this secrete founde I in Siria, the yere 1521 by the meanes of a lord of the countrey, whose doughter I healed. Idem.
To make a kinde of cloth, called cloth of Leuant, wherwith women vse to colour their faces. Fol. 79.
The same another waye. Idem.
To dye a whyte beard or heare of the head into a fayre blacke. Idem.
A noble and excellent pouder to make cleane the teeth to make them fast and white, & to conserue the gommes, a better thinge can not be founde, and it were to present to a Queene or Princesse. Fol. 80.
To make a very excellent conserue to scoure the teeth, to comforte the gommes, and to make a swete and good breath. Idem.
An aduertisement or lesson concerning the making of

pouders and conserues for the teeth. Idem.
And exceedinge white & good pouder to scoure the teeth which is meter for lordes and great men, than anye of the other before. Fol. 81.
A distilled water, excellent for to make the teeth white immediatly, & to preserue them wonderfully. fol. 82.
Three aduertisementes or lessons of importaunce, to kepe the teeth white and uncorrupt and also a swete breath. Idem.
A decoction to washe & scoure the mouth, to fasten lose teeth, to consolidate and make sounde the gommes, and to make the flesshe growe agayne if it were decayed or fallen awaye. Idem.

Of the .v. Booke.

TO make a perfit Asure, such as commeth from beyonde the seas. Fol. 83.
To make a fine confection of grayne, called Lacca of grayne. Fol. 58
To die bones into a grene colour. Idem.
Another maner howe to die bones, or Iuorye, into the colour of an Emeraude. Idem.
To die bones redde blew, or of any colour you wil. Idē
A very goodly secrete to die or colour wodd, of what colour a man wil, which some ioyners do vse that make tables and other thinges of diuers colours, and doe esteme it among them selues to be of such excellencie that one brother wil not teach it another. Fol. 86.
To counterfeit the blacke wod called Hebenus, or Hebenum, & to make it as faire as the natural Hebene, which groweth no where but in India. Idem.
To die skinnes blew or of the colour of Asure. Idem.
To die skinnes in Thickweede, called in latyne Rubra maior or Rubra tinctorum, into a redde colour. Idem.
To die skinnes greene. Fol. 87.
Another way to die skinnes greene. Idem.
To dye the sayde skinnes another waye. Idem.

The Table.

Another waye to die skynnes of Asure coloure, and faire. Idem.
To die skinnes redde. Fol. 88.
Another maner to die skinnes greene. Idem.
To dye Neates leather into a greene colour, as wel in gall as in leaues. Idem.
To die skinnes greene with the flower of Ireos. fo. 89.
To die bones in a Turkishe or redde colour. Idem.
To die Hogges bristelles, and other thynges, for to make rubbers and brushes. Idem.
To dye the sayde bristels yellowe, greene or blewe, or any other colour. Idem.
To make Purple whiche is a colour, wherewith men vse to make a coloure lyke golde, for to paynte and write with. Idem.
To make Lacca of Brasil. Fol. 90.
To make white tables to write in, with the poynte of a wyre, such as come out of Germanie. Idem.
To make Roset or ruddle. Idem.
To gilte ouer Parchement, Leather, or other suche worke, whiche men vse in steade of hangynges or Tapistrie. Idem.
To dye Crimson sylke. Idem.
To prepare and trimme Brasil, for to make of it foure diuers colours. Idem.
To make Roset of Brasill another waye. Fol. 92.
To make beyonde sea Asure, without Lapis lasuli. Idem.
To make a grene colour to write or paint with. Idem
To braye fine golde, wherewith a man may wryte or paint with a pensyll. Idem.
The same another waye. idem.
Another way with purpurine. idem.
To make a grounde to gylte vpon, wyth burnyshed Golde. Fol. 93.
To laye or settle golde with a single grounde. idem.
Another way to laye on golde. idem.
To make colours of all kinde of metalles. idem.
To laye golde on a blacke grounde. idem.

To lay gold vpon marble, or vpon any table of stone or other Idem.
To make letters of the colour of gold wout gold. Idē.
To make syluer letters without siluer. idem.
To make grene letters. idem.
To make white letters in a blacke field. Folio. 94.
To make a grene colour for to write and paint withall. idem.
To dresse and trimme Asure. idem.
To dresse or trimme Cinabrium, for to write or paynt with. idem.
A ground to lay gold vpon any metall or yron. idem.
To gylt the edges of bookes. idem.
To kepe and preserue whites of egges as long as a mā wyll without corrupting, and without putting Arsenick to it. A secrete not much knowen. Folio. 95.
The maner howe to make the grounde or foundation for Indicum, idem.
Another perfit ground for the same thinge. idem.
A goodly way howe to make gold and siluer into pouder, a thinge easy to be done, and there wyll come of it an excellent colour. This is a very rare secret, which hath not ben vsed nor knowē vntil this presēt. idē.
To make a very fayre Vernir, to vernish the said gold and all other workmanshippe. Folio. 96
To brape or breake gold or siluer easely, after the comō maner that the best workmasters do vse. Fol. 97
To make a lycour, that maketh a golden colour without gold. idem.
Another lycour of the colour of gold, for to wryte, & to gilt iron, wode, glasse, bone, & other like things. idē.
Another goodly licour, to make a golden colour with litle cost, and is a thing easy to be done. idem.
To make yncke, or a colloure to write wyth, in a verye good perfection. Folio. 98.
A good waie and maner howe to make ynck for to cary about a man in a drye pouder, whiche (whan he wyll wryte with) he must temper with a lyttle wyne, water, or Vinagre, or with some other licour, and than

be

be maye incontinent put it in experience. With the sayde pouder all other yncke maye be amended, be it neuer so euill. Idem.
To make a great deale of yncke quickely, and with litle coste. Fol. 99.
To make Paynters yncke. Idem.
To make yncke so white, that although a man wryte with it vpon white paper, it may easely and perfitely be redde. A very goodly thinge. Idem.
To make a pouder to take of blottes of yncke, fallen vpon the paper, or elles the letters and wrytynge from the paper: whyche is a rare secrete, but yet profitable. Fol. 100.
To make a kynde of vernische, but muche sayrer, and better than that whiche Scriueners do vse, and is of lesse coste, and stynketh not as other Vernyshe doeth. Idem.
To make yncke to rule paper for to wryte by, whereof the writing being drie, the lines may be taken out, that it shal seme ye haue written without lines. Idē

Of the.vi.Booke.

TO sublime quicke siluer, that is to saye, to make common sublime, that Goldsmithes, Alchemistes, & Gentelwomen doe vse, & that men vse in many things concerning phisicke. Fol. 101.
To make cynabrium and therof to make loaues of a hundred or two hundred poundes, as great as a man list: as those are ý come out of Almaine, which secret hath not before this time ben know of any in Italy. 104.
To fyne and renewe Borax. Fol. 105.
A good and easy way to make Aqua fortis, better than any other. Fol. 108.
The true and parfite practise to caste metalles, and all other workemanshyp, as well in brasse, as in golde, siluer, coppar, leade, Tyn, as of Crystall, glasse, and marble. Fol. 109.

The

The Table.

The fyrst earth to cast in a moulde all maner of fusible matter. idem.
The seconde earth or sande. idem.
The thyrde earth or sande. Fol. 110
The fourth earth or sande. idem.
The fyfte earth or sande the most parfite. idem.
The sixte earth. idem.
A goodly way & maner howe to make al these earthes very fine and small, & almost impalpable. fol. 111.
To make a water called Magistra wherewith the said earthes to make mouldes is tempered, and moisted againe at euerye castinge or founding. idem.
To make Lutum sapientiæ verye perfyte. fol. 112.
Certaine thinges which he that will take in hande any foundinge or castinge of metalles muste alwayes haue readye and in order. fol. 113.
The maner or order that a man oughte to kepe, whan he wyll caste or founde metalles, or anye other thynges. fol. 114.
To make a whyte to blaunche or make whyte metals, or other thinges newlye molten, and also for to renewe metals of olde sylucr. fol. 115.
To gylte yron with water. idem.
The lyke another waye. fol. 116.
To gylte yron with golde foyle, and water, or els with golde mirte with quicke siluer, as goldsmithes are wont to gylt sylucr. idem.
To die or colour into the colour of brasse, or also to gilt siluer, whiche sheweth better, and continueth longer. idem.
A water or colour to lay vnder Diamonds as wel trew as counterfeyte, that is to saye, made of whyte Saphires, as we wyll declare afterwarde. fol. 117.
To counterfeite a diamond w̄ a white saphire. idem.
To ingrosse thinne Balasses to set in ringes. idem.
To make Rubies of two pieces, & Emeraudes as thei make them at Milan. idem.
To make a paste or dowe for precions stones, as Emerauds, rubies, saphirs & such like which be but of one piece,

The Table.

piece, wel coloured within and without. fol. 118.
To make Emeraudes, & other stones or Juels. idem.
To calcine or burne Christal and the Calcidoyne stone to put in the saide mirions of precious stones. idem.
A water to harden the sayde stones. fol. 119.
To calcine fyne Siluer. idem.
The seconde maner of calcininge Siluer. fol. 120.
The thyrde maner of calcinynge Siluer. idem.
To calcine Talchum quickely and out of hande. fol. 121.
An excellent & very easye way to gylt yron, copper and siluer, to make it seeme like massiue golde. idem.
A perfite maner and way to gylt, & to make the quicke siluer to vanish away from the thing gilted. idem.

The ende of the Table.

PRINTED
at London by Roulande Hall, for Nycolas Enlande.

1562.